

Sobrepeso y obesidad

Como prevenirlos, como tratarlos

Juan Manuel Gómez



ESPASA  PRÁCTICO

Sobrepeso Y Obesidad Como Prevenirlos Como Tratarlos

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Bibliografía española ,2002-11 **Serra Majem, Ll., Crecimiento y Desarrollo** ©2003 Lluís Serra Majem,Javier Aranceta Bartrina,2000 *Sobrepeso y obesidad* Simón Barquera,Lizbeth Tolentino,Juan Rivera Dommarco,2006

Manual para entender y tratar la obesidad Varios autores,2015 En este libro los autores han reflexionado intensamente sobre las dificultades para implementar estrategias para el tratamiento de la obesidad y del sobrepeso las causas del fracaso o recaída y el deseo de acudir a soluciones mágicas De esta manera nos transmiten su enfoque métodos y experiencia en el proceso de ayudar a las personas con obesidad a ser protagonistas activos del cambio de hábitos de vida como principal herramienta terapéutica Obesidad Otra mirada sin dudas puede convertirse en una valiosa herramienta para las personas con obesidad y sobrepeso y para todos aquellos interesados en la instrumentación de sistemas o programas individuales o institucionales para el tratamiento de este problema *Tratando... Obesidad* José I. Baile Ayensa,María J. González Calderón,2013-10-22 Tratar la obesidad es uno de los grandes retos de los profesionales de la salud a comienzos del siglo XXI debido al gran número de personas afectadas así como a la dificultad intrínseca de la intervención terapéutica ya que implica modificar hábitos muy instaurados y mantener en el tiempo los cambios conseguidos El psicólogo como especialista en la instauración de nuevas conductas en la modificación de las existentes o en la eliminación de aquellas que resulten inadecuadas aspectos que constituyen el núcleo primordial en el tratamiento de la obesidad debe ser uno de los profesionales clave en el tratamiento y en muchos casos el profesional de referencia Este libro tiene como objetivo ayudar al psicólogo que se enfrenta a un tratamiento individualizado de un caso de obesidad Es una guía terapéutica que describe sesión por sesión cómo diseñar y desarrollar una intervención En cada una de estas sesiones se explican sus objetivos las técnicas a emplear las actitudes que deberá mostrar el terapeuta además de las posibles situaciones difíciles o contratiempos que pueden surgir al trabajar con pacientes con obesidad y sus posibles respuestas *¿Gorditos o enfermos?* Ruy Pérez Tamayo,Beatriz Y. Salazar Vázquez,Miguel Salazar Vázquez,2015-12-08 Este libro pretende ser un instrumento práctico y de consulta para prevenir o en su caso combatir el sobrepeso y la obesidad desde edades tempranas En años recientes cada vez más niños y jóvenes padecen exceso de peso las causas más frecuentemente citadas son el tipo y la cantidad de alimentos ingeridos y la inactividad física Otras causas menos comunes son trastornos hormonales disfunción de ciertos órganos que participan en el aprovechamiento de los alimentos o factores hereditarios La finalidad de este libro es educar en torno a la naturaleza del problema del sobrepeso y la obesidad en niños y adolescentes y presentar una forma sencilla y práctica de enfrentarlo

Manual Para Entender Y Tratar La Obesidad Diego Fernandez,2021-06-15 This book has reflected intensely on the difficulties in implementing treatment strategies for obesity and overweight the causes of failure or relapse and the desire to resort to magic solutions for this health problem In this book the authors convey their approach methods and experience in the process of helping people with obesity to be active protagonists of lifestyle change as the main therapeutic tool Manual to

understand and treat obesity can undoubtedly become a valuable tool for people with obesity and overweight and for all those interested in the implementation of systems or programs individual or institutional for the treatment of this problem

Sobrepeso y Obesidad Simón Barquera, Juan Rivera-Dommarco, 2002 *Taller: Prevención de Sobrepeso y Obesidad*
Rosalba Coiro, Magdaly Bonaldy, Miren De Tejada, Amanda Villaraga, 2001 **Tratamiento integral del sobrepeso y la obesidad basado en el ejercicio físico programado** Jose David Arenas Salazar, Harold Campos Salazar, 2005
Resumen EL SOBREPESO Y LA OBESIDAD TIENEN UNA PREVALENCIA EN EL MUNDO DEL 55% SOBREPESO Y EL 22% OBESIDAD DE LA POBLACIÓN ADULTA SOLO EN COLOMBIA EL SOBREPESO PUEDE LLEGAR AL 40% TRAYENDO CON ELLO RIESGOS DE ENFERMEDADES CRÓNICAS NO TRANSMISIBLES COMO LA CARDIOVASCULAR Y OTRAS ESTO NOS LLEVA A CONCLUIR QUE LA OBESIDAD Y EL SOBREPESO A NIVEL MUNDIAL SE PUEDE CONSIDERAR COMO UNA EPIDEMIA DEBIDO A SUS ALTOS INDICES DE INCIDENCIA EN LA CALIDAD DE VIDA EN LAS PERSONAS Y EN SU CONDICIÓN SALUDABLE ENCONTRÁNDOSE QUE UNO DE LOS ELEMENTOS DE CONTROL MÁS IMPORTANTES QUE TIENE LA PATOLOGÍA ES LA APLICACIÓN DE UN PROGRAMA ADECUADO PARA REDUCCIÓN DE PESO DONDE ES VITAL LA INCLUSIÓN DE EJERCICIO FÍSICO DIRIGIDO Y CONTROLADO EL CUAL CONJUNTAMENTE CON DIETAS Y EN OCASIONES CON FÁRMACOS PRESCRITOS POR PERSONAL MEDICO CAPACITADO Y AUTORIZADO PERMITEN OBTENER LOS BENEFICIOS ADECUADOS EN LA REDUCCIÓN DE PESO DEL PACIENTE LA SIGUIENTE MONOGRAFÍA SE BASA EN UNA RECOPILACIÓN CUIDADOSA Y ACTUALIZADA DE LAS DEFINICIONES Y CONCEPTOS SOBRE OBESIDAD Y SOBREPESO COMO DEL EJERCICIO PUNTOS CLAROS COMO SON ANTECEDENTES CLASIFICACIONES FUNCIONES ESTRUCTURAS Y PROGRAMAS DISEÑADOS ESPECÍFICAMENTE EN EL TRATAMIENTO DE LA PATOLOGÍA RECONOCER LOS MÉTODOS DE DIAGNÓSTICO EN LA PATOLOGÍA COMO TAMBIÉN LAS CONSECUENCIAS Y TRATAMIENTOS QUE SE UTILIZAN PERO COMO LO DIGIMOS AL PRINCIPIO CONCENTRANDONOS ESPECÍFICAMENTE EN EL EJERCICIO FÍSICO COMO EL MÁS IMPORTANTE DEBIDO A NUESTRA CONDICIÓN DE PROFESIONALES EN ESE CAMPO *Obesidad* Ada Cuevas, Donna Ryan, 2022-11-18 La obesidad se ha convertido en uno de los principales problemas de salud pública con un creciente aumento de su prevalencia a nivel mundial Abordando muchos aspectos de la investigación contemporánea en obesidad este libro realizado por algunos de los principales expertos en el área explora aspectos relacionados con la biología diagnóstico tratamiento y prevención de la obesidad incluida la obesidad infantil Este trabajo está en sintonía con las necesidades de las personas que viven con obesidad incluyendo un capítulo dedicado al daño causado por el estigma del peso y las falsas narrativas sobre las opciones de estilo de vida Obesidad la otra pandemia del siglo XXI revisa las evidencias disponibles para demostrar que la obesidad debe considerarse no solo como un condicionante esencial para el desarrollo de otras comorbilidades sino como una enfermedad por sí misma Es importante destacar que se aborda el efecto de la pandemia de COVID 19 que incrementa la complejidad y gravedad de la obesidad y que debe ser un llamado a la acción para

la prevención y tratamiento temprano de esta enfermedad Este libro ha sido desarrollado por colaboradores de la Federación Mundial de Obesidad y está dirigido a profesionales de la salud académicos legisladores estudiantes pacientes que viven con obesidad y a todas las personas afectadas por este problema La investigación cubierta en estas páginas demuestra que la obesidad se está convirtiendo rápidamente en la otra pandemia del siglo XXI Al igual que cualquier gran pandemia la consecuencia de la inacción es realmente alarmante *Sobrepeso y Obesidad* Juan Madrid Conesa,2002-11 Prevención y tratamiento de la obesidad M. Nieves Vera Guerrero,1989 La obesidad Lucía Fernández Cadenas,2018 Se conocen todas las alternativas posibles para evitar el sobrepeso sabemos los criterios que aconsejan la cirugía frente a otras opciones y los riesgos de dichas intervenciones y sobre todo se está correctamente informado de los pasos a dar tras someterse a una cirugía para que la disminución de peso se mantenga y las complicaciones derivadas de la cirugía se minimicen A lo largo del trabajo se abordan las respuestas a estas preguntas *Sobrepeso y obesidad / Overweight and Obesity* Especialistas Medicinas Alternativas Equipo,Equipo de Medicinas Alternativas,2006-04 **Guía de Práctica Clínica sobre la Prevención y el Tratamiento de la Obesidad Infantojuvenil. Versión resumida** España Ministerio de Ciencia e Innovación,Grupo de Trabajo de la GPC sobre la Prevención y el Tratamiento de la Obesidad Infantojuvenil,Catalunya. Departament de Salut,2009-12-01 La obesidad infantil y juvenil constituye un problema de salud en nuestro país debido a su prevalencia ascendente la persistencia en la edad adulta y la asociación con otras enfermedades aparte del enorme impacto económico que supone Esta guía elaborada por un equipo multidisciplinario ofrece una serie de recomendaciones para los profesionales de los diferentes ámbitos desde los cuales puede abordarse este problema de salud orientadas a su tratamiento y prevención *Sobrepeso y obesidad infantil* Diana García Matías,2017 La obesidad infantil es un problema muy importante de salud pública tal es así que se ha llegado a convertir en la epidemia del S XXI La prevalencia ha ido aumentando en los últimos años el niño que hoy es obeso lo será en un futuro y esto conlleva a un mayor gasto sanitario El objetivo ha sido determinar qué intervenciones se están realizando para prevenir y tratar la obesidad infantil desde el campo de la enfermería y analizando la efectividad de las mismas *Recomendaciones nutricionales basadas en la evidencia para la prevención y el tratamiento del sobrepeso y la obesidad en adultos* Federación Española de Sociedades de Nutrición, Alimentación y Dietética,2011* El niño con sobrepeso Brigitte Beil,2001-01-01 **Sobrepeso-Obesidad En Escolares** Padilla Inger Sally,2015-05-28 La obesidad infantil es uno de los problemas de salud pública más graves del siglo XXI La Organización Mundial de la Salud lo califica como epidemia ya que su prevalencia ha aumentado a un ritmo alarmante La influencia genética se asocia a los hábitos de alimentación y estilos de vida sedentarios Los niños con obesidad y sobrepeso tienden a seguir con exceso de peso en la edad adulta y tienen más probabilidades de padecer enfermedades crónicas no transmisibles a edades más tempranas Se describen los hallazgos en escolares que residen en una ciudad del sur de Argentina caracterizada por vientos constantes y fríos que condicionan hábitos de vida en ambientes cerrados Donde las familias se

trasladan en vehiculo la mayor parte del tiempo con incremento de ingestas alimentarias en cantidad y no necesariamente en calidad por las diferentes ocupaciones con tiempos breves para la preparacion de las comidas y disminucion de la practica de actividades al aire libre El presente libro ademas de servir como punta de investigacion sobre la problematica senala la necesidad de buscar mejores estrategias de prevencion

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