

SALEM PRESS

Published & Distributed by Grey House Publishing

For Immediate Release

September 3, 2020

Contact: Jessica Moody, VP Marketing
(800) 562-2139 x101
jmoody@greyhouse.com

Salem Press Announces the Second Title in The New, *Principles of Health* Series, *Obesity*

Salem Press is pleased to add *Principles of Health* to the *Principles of* series that includes *Principles of Science*, *Principles of Business*, and *Principles of Sociology*. *Obesity* is the second *Principles of Health* volume. This single volume draws on the growing field of obesity research; including causes, related conditions, preventions and treatment. Covering important topics in the fields of obesity, nutrition and weight management using easy-to-understand language, *Principles of Health: Obesity* is designed to provide a solid background and understanding of obesity, its causes, and treatment options.

According to the Centers for Disease Control (CDC), approximately 42.4% of American adults were obese in 2018. This number increased by 10% from the previous decade. Although obesity itself is physical, its cause is almost always a combination of genetic, biological, environmental and psychological factors. Physiological conditions that predispose people to obesity are hormonal imbalances, genetics, inflammation and slowed metabolic processes. Psychological factors, including depression, eating disorders, sleep deprivation, anxiety and stress may increase one's risk for obesity. Awareness of the multifaceted issues resulting in obesity is crucial in preventing and treating this epidemic facing our country.

This work begins with a comprehensive Editor's Introduction to the topic of obesity written by Dawn Rutherford, MS, RDN. Following the Introduction, *Principles of Health: Obesity* includes 140 entries arranged in four broad categories:

- **Causes and Risk Factors** include genetic, environmental, and pathological factors that may contribute to obesity and being overweight.
- **Related Conditions, Diseases, and Comorbidities** describe conditions that often co-exist with being overweight, or that may develop as a result of obesity. It also deals with the types of cancer that are associated with obesity, including esophageal, pancreatic, and liver cancers.
- **Treatment and Weight Management** discusses different avenues through which obesity can be managed, including general nutritional guidelines, targeted weight-lose diets, and healthy lifestyle practices.
- **Conditions In Depth** details several conditions and diseases that are often associated with obesity, including sleep apnea, type 2 diabetes, and coronary artery disease.

Some the entries discussed in this volume include:

- Body mass index (BMI)
- Genetics
- Menopause
- Metabolism
- Bulimia
- Eating Disorders
- Heart Attack
- Hypertension
- Pancreatic Cancer
- Exercise
- Food Labels
- Liposuction
- Stress Reduction
- Reducing Your Risk
- Lifestyle Changes
- Surgical Procedures and more

All entries include Category, System or Anatomy Affected, and References. Many entries also include Key Terms and images and photographs to illustrate concepts and treatments.

This work includes helpful appendixes, including: Bibliography; Glossary; Organizations; Category Index; and Subject Index.

Essays are comprehensive and accessible to high school and undergraduate students and general readers interested in the study, mechanics, and treatment of pain management - a must-have resource for students and researchers building a foundation in pain management.

FREE ONLINE ACCESS

Libraries and schools purchasing the printed version of any Salem Press title get complimentary online access to that title on our new online database, <http://online.salempress.com>. Combining Salem's Literature, History, Health, Science and Careers titles, students and researchers can now access all of their Salem content in one comprehensive site. Any school or library with print reference content in Salem Press' database is entitled to online access to that content. This access is an inherent part of our product.

Principles of Health: Obesity

ISBN: 978-1-64265-385-4

eBook ISBN: 978-1-64265-386-1 350 pages \$165.00

Publisher: Salem Press

Other Volumes in this Series:

Principles of Health: Pain Management

Principles of Health: Diabetes

Principles of Health: Anxiety & Stress