



Obesity Management in Family Practice

Thomas L. McKnight

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This book empowers the physician to effectively care for a chronic recurrent disease that until now has often gone untreated in the primary care setting. Most obesity treatment texts are written by obesity experts without family practice experience. This disconnect has resulted in books that have little feasible application for family physicians. Dr. McKnight's text takes the current evidence-based science and transforms treating obesity into a practical, time-sensitive process that is supported by logical recommendations that every family physician can use to help obese patients.

With guidelines backed by the best scientific data, the book is about application, not just theory. The reader is given the commonsense tools that patients need in order to have ownership of their disease. Ultimately, patients are empowered to control their weight, resulting in positive interaction between providers and patients.

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