# Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Foreword</strong></td>
<td>xi</td>
</tr>
<tr>
<td><strong>Contributors</strong></td>
<td>xiii</td>
</tr>
<tr>
<td><strong>1 Changing epidemiology of obesity – implications for diabetes</strong></td>
<td>1</td>
</tr>
<tr>
<td><em>Jonathan Webber</em></td>
<td></td>
</tr>
<tr>
<td>1.1 Introduction</td>
<td>1</td>
</tr>
<tr>
<td>1.2 Assessment of obesity in epidemiological studies</td>
<td>1</td>
</tr>
<tr>
<td>1.3 Prevalence of obesity</td>
<td>2</td>
</tr>
<tr>
<td>1.4 The epidemiological link between obesity and diabetes</td>
<td>3</td>
</tr>
<tr>
<td>1.5 Factors modifying the relationship between obesity and diabetes</td>
<td>5</td>
</tr>
<tr>
<td>1.6 Early life influences on obesity and diabetes</td>
<td>8</td>
</tr>
<tr>
<td>1.7 Conclusions</td>
<td>9</td>
</tr>
<tr>
<td>References</td>
<td>9</td>
</tr>
<tr>
<td><strong>2 The genetics of human obesity</strong></td>
<td>13</td>
</tr>
<tr>
<td><em>Victor J. Lawrence and Tahseen A. Chowdhury</em></td>
<td></td>
</tr>
<tr>
<td>2.1 Introduction</td>
<td>13</td>
</tr>
<tr>
<td>2.2 Why has the genetics of obesity been difficult to study?</td>
<td>14</td>
</tr>
<tr>
<td>2.3 How much of obesity is genetic?</td>
<td>15</td>
</tr>
<tr>
<td>2.4 Is there a major gene for obesity?</td>
<td>17</td>
</tr>
<tr>
<td>2.5 How to identify obesity genes</td>
<td>18</td>
</tr>
<tr>
<td>2.6 Summary and conclusions</td>
<td>28</td>
</tr>
<tr>
<td>References</td>
<td>28</td>
</tr>
<tr>
<td><strong>3 Lifestyle determinants of obesity</strong></td>
<td>31</td>
</tr>
<tr>
<td><em>Laura Johnson and Susan A. Jebb</em></td>
<td></td>
</tr>
<tr>
<td>3.1 The importance of energy balance</td>
<td>31</td>
</tr>
<tr>
<td>3.2 Physical activity</td>
<td>32</td>
</tr>
</tbody>
</table>
### 3.3 Energy intake
3.4 An integrated analysis
3.5 Conclusions

References

### 4 Pathophysiology of obesity-induced T2DM
*Konstantinos Lois, Phillip McTernan and Sudhesh Kumar*

4.1 Introduction
4.2 Potential mechanisms linking central obesity to T2DM
4.3 Sources of increased plasma NEFA in obesity
4.4 ‘Randle’s glucose-fatty acid’ hypothesis
4.5 Ectopic fat storage hypothesis
4.6 ‘Oxidative stress’
4.7 The role of adipose tissue as an ‘endocrine organ’ in the pathogenesis of T2DM
4.8 Obesity as a low-grade inflammatory state
4.9 Summary

References

### 5 Obesity and prevention of type 2 diabetes
*Jaakko Tuomilehto, Jaana Lindström and Karri Silventoinen*

5.1 Obesity and the risk of type 2 diabetes
5.2 Lifestyle intervention studies
5.3 Other intervention studies
5.4 Conclusions

References

### 6 Diet and food-based therapies for obesity in diabetic patients
*Catherine Rolland and Iain Broom*

6.1 Introduction
6.2 Type 2 diabetes
6.3 Patterns of weight loss in diabetes
6.4 Target setting
6.5 Dietary and lifestyle alterations
6.6 Dietary nutrient composition in type 2 diabetes
6.7 The approach to dietary prescription
6.8 Failure of therapy
6.9 Fat or carbohydrate
6.10 Meal replacement therapy
6.11 Very low calorie diets
6.12 Conclusions

References
7 Behaviour change components of obesity treatment
Brent Van Dorsten

7.1 Introduction 103
7.2 The ‘toxic environment’ 104
7.3 Motivational readiness 105
7.4 Patient expectations for treatment 106
7.5 Behavioural modification strategies in obesity treatment 106
7.6 Efficacy of combination treatments 113
7.7 Conclusions and future work 116
References 117

8 Physical activity, obesity and type 2 diabetes
Carlton B. Cooke and Paul J. Gately

8.1 Introduction 125
8.2 Physical activity and exercise, what is the difference? 125
8.3 Current physical activity behaviour and guidelines 126
8.4 The importance of physical activity to health 128
8.5 Energy expenditure 130
8.6 Exercise tolerance and cardiorespiratory fitness in overweight and obese adults and children 135
8.7 Guidelines for exercise and activity prescription (including practical issues of clinical management for diabetics and the obese) 136
8.8 Research evidence on the role of physical activity in the prevention and treatment of obesity and type 2 diabetes 138
8.9 Physical activity and the behavioural treatment of obesity 142
8.10 Linking research and practice 142
8.11 Summary 143
References 145

9 Diabetes, obesity and cardiovascular disease – therapeutic implications
Jayadave Shakher and Anthony H. Barnett

9.1 Introduction 151
9.2 Obesity and mortality 152
9.3 Obesity and cardiovascular disease 152
9.4 Obesity and hypertension 154
9.5 Obesity and dyslipidaemia 155
9.6 Metabolic syndrome, obesity, type 2 diabetes and insulin resistance 156
9.7 Obesity and type 2 diabetes 159
9.8 Insulin resistance and cardiovascular disease 159
9.9 Type 2 diabetes and dyslipidaemia 162
9.10 Type 2 diabetes and hypertension 163
CONTENTS

9.11 Type 2 diabetes and CHD 164
9.12 Benefits of weight loss 166
9.13 Management of hypertension 166
9.14 Management of dyslipidaemia 170
9.15 Conclusions 175
References 175

10 Drug therapy for the obese diabetic patient 185
John P.H. Wilding

10.1 Introduction 185
10.2 Drugs for hyperglycaemia 185
10.3 The role of anti-obesity drugs in diabetic management 191
10.4 Antihypertensive treatment 196
10.5 Use of other drugs that may cause weight gain 197
References 198

11 The role of metabolic surgery in the management of type 2 diabetes 203
David Kerrigan and John Pinkney

11.1 Introduction 203
11.2 Obesity and type 2 diabetes 204
11.3 Surgical techniques 204
11.4 Resolution of diabetes after bariatric surgery 208
11.5 How could surgery ‘cure’ diabetes? 209
11.6 Conclusions 214
References 215

12 Childhood obesity and type 2 diabetes 221
Krystyna A. Matyka

12.1 Introduction 221
12.2 Childhood is a time of change 221
12.3 The problem of size 222
12.4 The size of the problem 223
12.5 What causes obesity in childhood? 225
12.6 Does obesity in childhood matter? 227
12.7 Management of childhood obesity 234
12.8 Management of T2DM 239
12.9 Conclusions 239
References 240

13 Obesity and PCOS 247
Diana Raskauskiene and Richard N. Clayton

13.1 Definition of the syndrome 247
13.2 Genetics of PCOS 249
13.3 Scope of the chapter 250
13.4 Pathogenetic mechanisms underlying the relationship between obesity and PCOS 250
13.5 Clinical features of obese PCOS women 256
13.6 Treatment of obese women with PCOS 260
13.7 Conclusions 264
References 264

14 Management of diabesity in primary care: a multidisciplinary approach 273
Ian W. Campbell

14.1 Prevalence of obesity in primary care 273
14.2 Current approach to diabetes care in primary care 274
14.3 Early treatment with hypoglycaemic agents 274
14.4 Integrating obesity management with diabetes 275
14.5 A multidisciplinary approach 275
14.6 Dietary treatment of diabetes 275
14.7 Clinical assessment 277
14.8 Treatment groups 277
14.9 Physical activity 279
14.10 Behavioural change 280
14.11 Use of medication to aid weight loss in primary care 281
14.12 Summary 282
References 282

15 Obesity and employment 285
Nerys Williams

15.1 Introduction 285
15.2 Obesity, health and work 285
15.3 Effect of work on health 286
15.4 Shift work 287
15.5 Work and response to treatment 287
15.6 Effect of health on work 287
15.7 Sickness absence and short-term disability 288
15.8 Disability pensions 289
15.9 Is it reversible? 289
15.10 Accidents 289
15.11 Fitness for work and ergonomics 290
15.12 Medical standards 291
15.13 Rehabilitation 291
15.14 Stigma and discrimination 292
15.15 Health promotion 294
References 295
16 Obesity in different ethnic groups 299
Ponnusamy Saravanan, George Valsamakis and Sudhesh Kumar

16.1 Introduction – obesity and adiposity 299
16.2 Prevalence of obesity and its relationship with metabolic risk in various ethnic sub-groups 300
16.3 Conclusion 309
References 310

Index 317