

**Part I: The size of the problem**

1. *The global problem of obesity*
2. *Health Economics of obesity*

**Part II: Hormones and weight problems**

3. *Glucagon-like peptide 1 in the pathophysiology and pharmacotherapy of clinical obesity*
4. *Obesity, cortisol excess and the hypothalamic-pituitary-adrenal axis*
5. *Thyroid and weight*
6. **OBESITY AND POLYCYSTIC OVARY SYNDROME**

**Part III: Co-morbidities in obesity**

7. *The role of human gut microbiota in obesity*
8. *Obesity and Cardiovascular Disease Prevention*
9. *Obesity and Non Alcoholic Fatty Liver Disease*
10. *Lipid disorders in obesity*
11. *Obesity and the effects on the Respiratory System*
12. *The effect of obesity on reproductive health*
13. *Obesity and pregnancy*

**Part IV: Genetics and onset of obesity**

14. *Genetics of obesity*
15. *Childhood Obesity*

**Part V: Behavioural aspects and psychosocial approach to obesity management**

16. *Obesity and depression*
17. *Visual Biases in Estimating Body Size*
18. *Eating disorders and obesity*
19. *Motivational interviewing and mindfulness in weight management*

**Part VI: Energy and metabolism management**

20. *The Role of Physical Activity and Exercise in Managing Obesity and Achieving Weight Loss*
21. *Weight management programmes*
22. *Breakfast for the prevention and treatment of obesity*
23. *Overview of a Range of Diets in Obesity Management*
24. *New approach to type 2 diabetes reversal in obesity: acute calorie restriction*

**Part VII: Pharmacotherapies in obesity**

25. *Historical drug therapies in obesity*

26. *New therapies in obesity*

**Part VIII: Surgical approach**

27. *Medical management of patients before and after bariatric surgery*

28. *Surgical management of obesity*

29. *Psychological management before and after weight loss surgery*

30. *Dietary interventions for weight loss and essential aspects of nutrition post bariatric surgery*

**Part IX: Bottom line**

31. *The future of Obesity Medicine*