



# The 10-minute consultation: obesity

## Rationale

The length of consultations varies, but the average length is 10 minutes. In addition, a new GP curriculum was introduced in the UK in 2007, with re-evaluation for practicing GPs; revalidation through continuing medical education is already the standard in other countries. *The 10-minute consultation* series of pocketbooks aim to develop clinicians' history-taking and clinical examination skills, as well as provide detailed information on the management options available in primary care, with emphasis on when to refer (and when not to refer) for specialist investigations and treatments. The pocketbook format is concise and portable, and key points are highlighted for quick reference, either as a memory aid or for day-to-day use on the clinical frontline.

## The 10-minute consultation: obesity

Obesity is recognised as a growing problem. It has commonly been described as 'a global epidemic', which is increasing at 'an alarming rate'. Furthermore, this epidemic is not restricted to industrialized societies: the increase is often faster in developing countries as they switch to western diets and habits. Obesity poses a major risk for chronic diseases, including type 2 diabetes mellitus, cardiovascular disease, hypertension and stroke, and certain forms of cancer.

Various methods can be used to reduce weight, such as regular exercise, combined with eating a healthy, well-balanced diet, but these tactics are often unsuccessful in the long term. A number of drug treatments are, therefore, also available.

*The 10-minute consultation: obesity* will provide a holistic approach to the assessment and management of overweight and obese patients, stressing the importance of ongoing patient review and recall to ensure delivery of high-quality, evidence-based treatment.

## Authorship

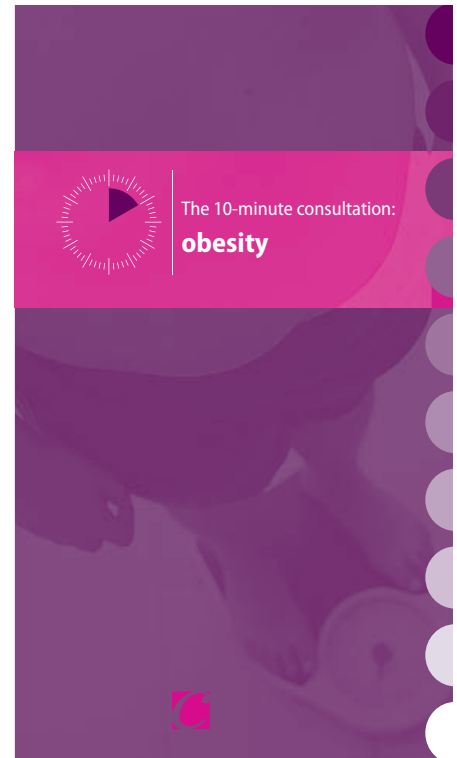
*The 10-minute consultation* author team is composed of GPs and specialist clinical reviewers who together ensure that the content of our books is authoritative and current. We work closely with an advisory board of GPs from the speciality of primary care whose role is to ensure the accuracy, quality and integrity of the content. By using a team of experienced and highly regarded GPs, we aim to draw on their clinical experience within the field, closely reflecting the needs of the readers.

## Summary

*The 10-minute consultation: obesity* will provide clinicians with an invaluable source of information for lipid disorders and will highlight the most appropriate diagnostic and management options.

### Key objectives for the reader:

- To understand that obesity is associated with significant morbidity and mortality
- To understand the epidemiology and risk factors for development of obesity
- To understand how obesity can be identified in primary care, including which diagnostic tests are used and how the results are clinically interpreted
- To understand how CV risk is accurately stratified
- To understand how to competently manage obesity in primary care and promote a healthy lifestyle
- To understand the indications for specialist referral



## Audience

- ✓ Medical students
- ✓ **Primary care:** GPs, Nurses, Pharmacists
- ✓ **Secondary care:** Nurse specialists, Junior doctors

## Specification

International Editorial Advisory Board

Paperback: 96 pages (tbc)

Product dimensions: 110 x 190 mm

Binding: perfect bound

Colour: 4-colour cover; 4-colour text





## Table of contents

### 1. Introduction

Obesity: a modern epidemic  
Health consequences of excess weight (children and adults)  
Raising the issue of weight

### 2. Who and what to test

What issues should the GP cover during the 10-minute consultation?

### 3. How to manage obesity

Who to treat?  
How to treat?  
Weight reduction in overweight and obese patients  
What drugs are available to treat obesity?  
Reducing CV risk  
Co-morbidity: diabetes mellitus  
Co-morbidity: dyslipidaemia  
Co-morbidity: metabolic syndrome

### 4. Person-centred care

How to identify the patient's beliefs about obesity (their concerns and expectations)?  
Obesity in children: parental awareness  
What are the patient's cultural beliefs?  
Readiness to change  
How to recognise noncompliance?  
Are any treatments particularly appropriate?

### 5. Applying the evidence

What are the implications of the International best-practice guidelines for GPs?  
Landmark studies  
What are the GP prescribing options for tackling obesity in primary care: a summary  
When to refer?

### 6. Review and recall

What ongoing patient care, monitoring and follow-up are necessary?  
What role do the practice nurse and other key healthcare workers have in managing obesity?  
What is the role of IT?  
What is the role of the expert patient?

#### Further reading

## Other titles in *The 10-minute consultation* series



and many more...

## Bulk distribution

All our publications are available for bulk distribution in markets around the world and have proved extremely popular with industry sponsors as key educational items for clinicians. We can offer significant discounts for purchasing in bulk and across related titles. Other opportunities include: translated versions, custom covers, bookmarks, bellybands, competitive print lead times, tailored deliveries to suit rep visits and/or direct mailings, an efficient and friendly customer service.

## More information

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