
BOOK REVIEW

Pediatric Obesity, Etiology, Pathogenesis, and Treatment

Freemark M., Editor. *Pediatric Obesity: Etiology, Pathogenesis, and Treatment*. New York: Humana Press; 2010.

The book belongs to Contemporary Endocrinology Series edited by Humana Press and contains comprehensive information on childhood obesity.

The worldwide increase in childhood obesity prevalence enhances interest in etiology, pathogenesis, prevention, and management of the disease.

The book covers the main obesity topics divided into ten parts. The first part describes obesity epidemics from a global perspective. The neuroendocrine control of energy balance reflecting components of afferent and efferent system and central processing, and some adaptive mechanisms are pointed out in the next part. The genetics of obesity covers monogenic, syndromic, and polygenic obesity as well as racial differences. Prenatal and perinatal determinants of childhood obesity still underestimated in childhood obesity development are subject of the next chapter. The crucial role of diet and energy expenditure in obesity pathogenesis is discussed with emphasis on effect of single macronutrients and non-exercise activity thermogenesis (NEAT). The chapter on metabolic complications of obesity in children explores the relationship between growth, thyroid function and sexual development, insulin resistance, glucose and lipid metabolism disorders, fatty liver, hypertension, sleep disorders, atherogenesis, and adult cardiovascular disease. The chapter on management of obesity

covers lifestyle intervention from behavioural to dietary and energy expenditure modification, and family, school and community involvement. Pharmacotherapy and bariatric surgery in adolescents are described. Special chapters are devoted to PCOS, major behavioural disorders, and hypothalamic obesity. The long-term success in relation to neuroendocrine and metabolic adaptations as well as to socio-cultural context is discussed in detail. The last part anticipates future development of obesity in the global marketplace.

The contributing authors, predominantly Americans, represent renowned specialists in obesity research and clinical practice in the United States, Europe, Canada, and Israel.

Each chapter contains a short summary or conclusions and rich list of references. Many chapters include comments or questions of the editor and the author's response.

The book is a useful source of information for pediatricians and health professionals taking care of obese children, medical students and students of other health professions as well as for families with obese children.

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