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Lifestyle Medicine (3rd edition)

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Lifestyle Medicine

Lifestyle, the Environment and Preventive Medicine in Health and Disease

Edited by
Garry Egger, Andrew Binns, Stephan Rössner, Michael Sagner

Our lifestyle choices have a profound effect on our health. As we live longer, one thing is clear: many of us will spend time living with injury and chronic illness due to our own choices. Changes in health patterns typically follow shifts in living conditions. Disease patterns have changed worldwide, from infectious to chronic diseases such as obesity, diabetes, and heart disease. This change has been so emphatic - nearly 70% of all presentations to a doctor in modern western societies are now chronic disease related - that medical services are being forced to change to accommodate preventing these diseases.

*Lifestyle Medicine: Lifestyle, the Environment, and Preventive Medicine in Health and Disease* is an approach to health practice that seeks to deal with the more complex modern determinants of chronic diseases - primarily lifestyle and the environments driving such lifestyles - in contrast to the microbial ‘causes’ of infectious disease. New chapters in this third edition explain the link between energy intake and expenditure; consider how modern technologies are determinants of chronic disease; show how environmental influences, such as endocrine disruptors, influence our health; and summarize recent research on early childhood experiences and chronic disease.

**Key Features**

- Explores the relationship between lifestyle and environmental drivers and the major modern chronic diseases.
- Outlines the knowledge and skills bases required by health professionals to deal with lifestyle and environmental determinants of chronic disease, as well as the tools and procedures available to prevent diseases.
- Develops pedagogy that enables preventive medicine to become a practical adjunct to conventional health and medical practice.
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