



Obesity and Its Related Complications—Current Treatments and Future Aspects

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Message from the Guest Editors

The obesity epidemic has nearly tripled worldwide in the past five decades and has become a significant risk factor for non-communicable diseases. Individuals with obesity are at a higher risk of all-cause mortality, diabetes mellitus, hypertension, dyslipidemia, hepatosteatosi s, cardiovascular diseases, sleep disorders, and more. These obesity-mediated conditions affect the patient both physically and mentally. Obesity also has a sizeable economic impact beyond the individual's physiological and psychological health.

This Special Issue aims to provide an update on the different aspects of obesity, its related cardiometabolic diseases, and current and future prevention strategies and treatments. We also aim to spotlight strategies to reduce obesity and cardiometabolic diseases' physiological, emotional, sociological, and economic burden.

- behavioral therapy
- lifestyle interventions
- pharmacologic treatment
- bariatric surgery
- precision nutrition
- non-alcoholic fatty liver disease
- diabetes mellitus
- insulin resistance
- metabolic syndrome
- cardiovascular disease

