

Algorithm developed to guide physicians in obesity care

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Researchers have developed and written an obesity [algorithm](#), which aims to provide all physicians with training and tools for prescribing and implementing an [obesity treatment](#) plan, tailored to each patient.

The algorithm emphasizes patients' overall health and reducing their risk of developing obesity-linked conditions. Following an examination of current lifestyle and family history, a physical examination, and

laboratory testing, specific changes will be recommended. These changes relate to diet and nutrition, physical activity, counseling, and medication, as appropriate.

"Physicians are now confronted with the need to understand what makes obesity a disease and how patients affected by obesity are best managed," Deborah Bade Horn, D.O., M.P.H., ASBP president-elect and Algorithm Committee co-chair, said in a statement. "They can benefit from the algorithm, which compiles the experience of researchers and clinicians who engage in [obesity](#) treatment on a day-to-day basis."

More information: [More Information](#)

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