Renowned Nutrition Experts Tackle Nation's Obesity Problem In New Book, The Complete Guide To Nutrition In Primary Care

Book Provides Needed Guidance to Doctors and Health Professionals Who Lack Nutrition Training

For Immediate Release

MALDEN, Mass./EWORLDWIRE/April 19, 2007 --- Two of the country's most respected nutrition experts, Drs. Lisa Hark and Darwin Deen, have responded to the problem of inadequate nutrition training among primary care physicians by developing a comprehensive guide that educates doctors about the important role that nutrition plays in the promotion of their patients' health.

The Complete Guide to Nutrition in Primary Care provides accurate, scientifically-sound, practical information to help primary care physicians work with their patients to reduce the high incidence of nutrition-related diseases in this country. The book comes at a time when obesity rates in the U.S. have hit more than 60 million, according to the Centers for Disease Control and Prevention, and the World Bank is estimating that 12 percent of the U.S. healthcare budget is spent on obesity treatment.

The book offers practical guidance on nutrition counseling in the office setting, nutritional recommendations throughout the life-cycle, using medical nutritional therapy to treat common medical problems, answering questions about supplements, and the influence of culture on lifestyle behaviors.

"Although the problem has gained considerable attention in the last few years, the obesity epidemic continues to rage," said David McQueen, Associate Director for Global Health Promotion, Centers for Disease Control and Prevention. "One of the best ways to confront the epidemic is to use the primary care setting as an opportunity to change a patient's diet and lifestyle. The Complete Guide to Nutrition in Primary Care is a must-have for primary care doctors and all health professionals who want to clearly understand all the important issues in nutrition related to their patients' health."

This book will appeal to a broad audience of health professionals, including physicians, registered dietitians, nurses, physician assistants, and chiropractors who are looking for up-to-date and comprehensive information on current research and recommendations on nutrition in the prevention of disease and disability. The book will also be of interest to health professional program directors and faculty who want to improve nutrition training offerings and textbook choices.

About the Authors

Dr. Darwin Deen is one of the nation's foremost authorities on nutrition. Currently Professor of Clinical, Family and Social Medicine and Director of Medical Student Education at the Albert Einstein College of Medicine in New York, he has trained a generation of physicians on the connection between nutrition and health. He has played a leading role in revising medical school curricula to incorporate nutrition training. An award-winning teacher and noted author, he serves as Chair of the Task Force on Medical Nutrition Education of the American College of Nutrition and co-chairs the Group on Nutrition of the Society of Teachers of Family Medicine. His years of experience as a family physician make him perfectly suited to advise clinicians on counseling their patients on diet and lifestyle. Information is available online at 'http://www.drdeen.com'.

Dr. Lisa Hark is a renowned family nutrition expert with more than 20 years of experience in nutrition counseling and promoting the benefits of healthy eating in children and adults. As Director of the Nutrition Education Program at the University of Pennsylvania School of Medicine in Philadelphia, she developed a model medical school curriculum and textbook, Medical Nutrition and Disease, which has become one of the most widely used texts in nutrition education. She received the prestigious Roland Weinsier Award for Excellence in Medical/Dental Nutrition Education from the American Society for Nutrition recognizing her work with the National Board of Medical Examiners. Dr. Hark is a widely sought after speaker who communicates nutrition concepts effectively to health professionals, patients, and the media. To learn more, visit 'http://www.lisahark.com'.

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