

## Diagnosis and Management of Obesity Among South Asians: A Paradigm

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**Abstract :** To date, we have conducted three studies on this subject. The research done to date is through three studies. The initial study was to document that modified criteria independently identified higher numbers of overweight/obese South Asian Indians. The second study was to document physician knowledge of appropriate diagnosis of obesity among South Asian Indians. The final study was an intervention to evaluate the efficacy of a training module on improving physician diagnosis and counseling of overweight/obese Asian patients.

**Keywords :** South Asian Indians, obesity, physicians, BMI and waist circumference

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