

Gina Guidelines 2013

This book offers a modular set of chapters that focus specifically on the challenges related to case writing. Exercises, worksheets, and training activities help guide readers sequentially through the entire process of writing both a case and an instructor's manual (teaching note). Designed as an individualized workshop to assist case authors to structure their writing, this book combines the easy-to-understand, student-focused language of the first edition with new material covering the latest developments and challenges in the world of case writing. These include: ? A section on writing cases in condensed time frames ? A new module on writing short cases in various formats ? A new module on turning research papers into teaching tools ? A section about growing communities of practice in a university ? An expansion of the student case writing module to include a section on case writing for graduate students ? Twelve new worksheets ? A complete index to facilitate use of the book Finishing all the book's assignments will result in a complete case and instructor's manual that can be tested in the classroom and submitted to a conference or journal. The Case Writing Workbook is a must for the shelf of any academic or student conducting qualitative research and looking to enhance their skill set.

Highlights the major recommendations of the expert panel report.

The book presents the international laws on the use of force whilst demonstrating the unique insight a feminist analysis offers this central area of international law. The book highlights key conceptual barriers to the enhanced application of the law of the use of force, and develops international feminist method through rigorous engagement with the key writers in the field The book looks at the key aspects of the UN Charter relevant to the use of force – Article 2(4), Article 51 and Chapter VII powers – as well as engaging with contemporary debates on the possibility of justified force to meet self-determination or humanitarian goals. The text also discusses the arguments in favour of the use of pre-emptive force and reflects on the role feminist legal theories can play in exposing the inconsistencies of contemporary arguments for justified force under the banner of the war on terror. Throughout the text state practice and institutional documentation are analysed, alongside key instances of the use of force. The book makes a genuine, urgently needed contribution to a central area of international law, demonstrating the capacity of feminist legal theories to enlarge our understanding of key international legal dilemmas.

This volume addresses the nexus of religion and geography in the ancient Near East through case studies of various time periods and regions. Using Sumerian, Akkadian, and Aramaic text corpora, iconography, and archaeological evidence, the contributors illuminate the diverse phenomena that occur when religion is viewed through the lenses of space and place. Gina Konstantopoulos draws upon Sumerian literature to understand mythicized and semimythicized locations. Seth Richardson and Elizabeth Knott focus on the Old Babylonian period, with Richardson addressing the interplay between law, location, and the gods, while Knott turns from text to image, relocating the reader to Syria and realizing the potential of royal iconography when situated in the "right" space. Shana Zaia moves forward to the first millennium, following the capital of the Neo-Assyrian Empire as it shifted from city to city, with divine implications. Finally, Arnulf Hausleiter and Sebastiano Lora focus on northwest Arabia, unearthing a local pantheon and situating it among the various influences in the region from the second millennium onward. Covering a broad geographical and temporal scope while maintaining a cohesive focus on the theme, this book will appeal especially to Assyriologists, scholars of the ancient Near East, and specialists in historical geography.

Chronic Obstructive Pulmonary Disease (COPD) represents an important public health challenge and is a major cause of chronic morbidity

and mortality throughout the world. COPD is currently the fourth leading cause of death in the world¹ but is projected to be the 3rd leading cause of death by 2020. More than 3 million people died of COPD in 2012 accounting for 6% of all deaths globally. Globally, the COPD burden is projected to increase in coming decades because of continued exposure to COPD risk factors and aging of the population.² This Pocket Guide has been developed from the Global Strategy for the Diagnosis, Management, and Prevention of COPD (2018 Report), which aims to provide a non-biased review of the current evidence for the assessment, diagnosis and treatment of patients with COPD that can aid the clinician. Discussions of COPD and COPD management, evidence levels, and specific citations from the scientific literature are included in that source document, which is available from www.goldcopd.org. The tables and figures in this Pocket Guide follow the numbering of the 2018 Global Strategy Report for reference consistency.

When social psychologist Stanley Milgram invited volunteers to take part in an experiment at Yale in the summer of 1961, none of the participants could have foreseen the worldwide sensation that the published results would cause. Milgram reported that fully 65 percent of the volunteers had repeatedly administered electric shocks of increasing strength to a man they believed to be in severe pain, even suffering a life-threatening heart condition, simply because an authority figure had told them to do so. Such behavior was linked to atrocities committed by ordinary people under the Nazi regime and immediately gripped the public imagination. The experiments remain a source of controversy and fascination more than fifty years later. In *Behind the Shock Machine*, psychologist and author Gina Perry unearths for the first time the full story of this controversial experiment and its startling repercussions. Interviewing the original participants—many of whom remain haunted to this day about what they did—and delving deep into Milgram's personal archive, she pieces together a more complex picture and much more troubling picture of these experiments than was originally presented by Milgram. Uncovering the details of the experiments leads her to question the validity of that 65 percent statistic and the claims that it revealed something essential about human nature. Fleshed out with dramatic transcripts of the tests themselves, the book puts a human face on the unwitting people who faced the moral test of the shock machine and offers a gripping, unforgettable tale of one man's ambition and an experiment that defined a generation.

Introducing a new book that takes a solid, evidence and research-based approach to asthma management. From start to finish, this book guides the reader through indication for the use of current therapies, including beta adrenergic agonists, corticosteroids, alternate therapies, and more. An informative guide, it offers advice on asthma education, compliance issues, and what to do when asthma is unresponsive to the usual therapy. Additionally, epidemiology, genetics, diagnosis, inducers and triggers are also discussed.

Asthma can be caused and aggravated by occupational factors in working adults. Agents that are responsible for occupational asthma are either sensitizers or irritants. Prevention is important to reduce the impact of the disease. This new edition of *Asthma in the Workplace* focuses on recent developments that are reflected by an impressive addition to the scientific literature. This fifth edition retains key elements that have made the success of previous editions: worldwide contributors, variety of topics covered, presentation of key aspects using workplace scenarios and case histories. This new comprehensive edition is intended to be of interest for health professionals, researchers, students, practitioners and various professionals involved in the assessment and management of workers exposed to occupational factors that may cause or exacerbate asthma. Key Features Comprehensive coverage of all aspects of work-related asthma, including historical aspects, epidemiology and risk factors, mechanisms and genetics, other types of work-related asthma conditions and variants, hypersensitivity pneumonitis, occupational urticaria and dermatitis Assessment of the worker and workplace along with management of the worker, prevention and medicolegal aspects Detailed information about specific agents, including a variety of high-molecular-weight and low-

molecular-weight agents

This report is based on an exhaustive review of the published literature on the definitions, measurements, epidemiology, economics and interventions applied to nine chronic conditions and risk factors.

The second edition Handbook of Psychological Assessment in Primary Care Settings offers an overview of the application of psychological screening and assessment instruments in primary care settings. This indispensable reference addresses current psychological assessment needs and practices in primary care settings to inform psychologists, behavioral health clinicians, and primary care providers the clinical benefits that can result from utilizing psychological assessment and other behavioral health care services in primary care settings.

Severe asthma is a form of asthma that responds poorly to currently available medication, and its patients represent those with greatest unmet needs. In the last 10 years, substantial progress has been made in terms of understanding some of the mechanisms that drive severe asthma; there have also been concomitant advances in the recognition of specific molecular phenotypes. This ERS Monograph covers all aspects of severe asthma – epidemiology, diagnosis, mechanisms, treatment and management – but has a particular focus on recent understanding of mechanistic heterogeneity based on an analytic approach using various ‘omics platforms applied to clinically well-defined asthma cohorts. How these advances have led to improved management targets is also emphasised. This book brings together the clinical and scientific expertise of those from around the world who are collaborating to solve the problem of severe asthma.

This book focuses on the fundamentals of the use of biologics in asthma, describing the rationale, principles, mechanisms of action, and indications. It offers an excellent balance between basic science and the analysis of clinical trials, updating readers with new developments that are changing the global scenario for targeted biological anti-asthma therapies, especially with regard to more severe disease. A range of therapies are considered, from the humanized monoclonal anti-IgE antibody omalizumab, widely approved as add-on treatment for inadequately controlled disease, through to emerging biologics for which evidence supportive of efficacy is accumulating, including anti-IL-5, anti-IL-4, and anti-IL-13 therapies. One aspect to emerge is the variability in individual response, which suggests a need for characterization of different asthma subtypes to permit the effective implementation of phenotype-targeted treatments. This book will be of interest for pulmonologists, clinical immunologists, and physicians seeking sound information on these therapies, but also for scientists and pharmacologists wishing to enhance their knowledge of the therapeutic implications of the cellular and molecular mechanisms that underlie severe, uncontrolled asthma.

This invaluable clinical resource furnishes a comprehensive review of asthma in the older patient-covering pathology,

physiology, immunology, diagnostic problems, and management. Written by a team of renowned authorities, *Asthma in the Elderly* addresses the epidemiology and classification of asthma in the older population details the pharmacological management of chronic asthma as well as acute exacerbation management summarizes the toxicity of asthma drugs and the potential pitfalls of pharmacological management describes the pathological features of airway obstructive disease in older patients presents the factors that make asthma management more complex and patient education more difficult and much more! Containing over 1100 bibliographic citations for more in-depth exploration of particular topics, *Asthma in the Elderly* is a practical guide for pulmonologists and pulmonary disease specialists; clinical allergists; geriatricians; internists; chest, intensive care, primary care, and family practice physicians; respiratory therapists; physiologists; pathologists; cell and molecular biologists; and medical school students in these disciplines.

This volume brings together for the first time a significant body of Professor Barnes' scholarly writing on early Korean state formation, integrated so that successive topics form a coherent overview of the problems and solutions in peninsular state formation.

The *Manual of Clinical Oncology, Ninth Edition*, published with the International Union Against Cancer (UICC), provides a concise, accessible and feasible reference covering state of art multidisciplinary clinical oncology in order to meet the needs of clinicians caring for cancer patients throughout the world. Edited by world-renowned practising oncologists and written by key opinion leaders, this book contains authoritative and up-to-date information on cancer detection, diagnosis and treatment alongside topics such as survivorship, special populations and palliative care. Remodelled and revised for the ninth edition to provide practical information to oncology workers, the UICC *Manual of Clinical Oncology* is structured in two parts. Part 1 covers general principles of cancer diagnosis and management with additional attention to special settings in oncology, including supportive care and survivorship, and Part 2 covers site-specific multidisciplinary cancer management. The edition includes up-to-date summaries of all treatment modalities (medical, surgical and radiation) for all tumour sites. It also contains the latest TNM classifications outlined in the *TNM Classification of Malignant Tumours*. The ninth edition includes: Practical presentation with bullet points, tables, and flow charts intended to facilitate quick reference for day-to-day clinical practice in busy oncology environments, Representation of multidisciplinary care for site specific management, Evidence-based approaches to management, including specific treatment recommendations and investigations guided by clinical practice guidelines, State of art evidence-based recommendations that take into consideration the lack of availability of certain medications or resources, as well as practice variations, in different and remote regions of the world, and Contemporary topics on cancer treatment, such as cancer informatics, evidence levels, principles of prognostication, survivorship and cancer in pregnancy. Oncologists, oncologists-in-training, nurses working

with cancer patients and other health professionals responsible for treating and caring for those with cancers will find the UICC Manual of Clinical Oncology an indispensable and comprehensive resource.

A succinct yet comprehensive overview of respiratory medicine, written for students and professionals Essential Respiratory Medicine is an indispensable text offering an understanding of respiratory conditions and their clinical management within evidence-based guidelines. Containing information on taking a medical history, performing examinations and investigations, diagnosis and the management of respiratory conditions, this comprehensive text was put together by a noted expert in the field. Written in an accessible manner, Essential Respiratory Medicine contains the foundational science associated with respiratory medicine, a wide-variety of practical procedures, helpful diagrams, and self-assessments designed to enhance understanding of the material presented. The text covers a variety of conditions as well as providing suggestions for engaging with patients at different stages of care. This important resource:

Demonstrates an effective approach to patients presenting with common respiratory symptoms
Includes a description of all key practical procedures with diagrams
Discusses acute management of important respiratory emergencies
Covers both acute and chronic disease
Contains a companion website containing a range of learning materials, including downloadable management summaries and algorithms, an image bank, videos of patient examination, example respiratory sounds and multiple-choice questions
Essential Respiratory Medicine is an essential resource for anyone on a clinical placement, rotation, or training programme in respiratory medicine.

The second edition of this best-selling book is as lively and accessible as the first edition. Advice, support and both active and reflective tasks take the students through the stages of research as well as encouraging them to consider social and cultural issues, such as working with their supervisor and other researchers.

Asthma affects an estimated 300 million individuals worldwide. It is a serious global health problem affecting all age groups, with increasing prevalence in many developing countries, rising treatment costs, and a rising burden for patients and the community. Asthma still imposes an unacceptable burden on health care systems, and on society through loss of productivity in the workplace and, especially for pediatric asthma, disruption to the family, and it still contributes to many deaths worldwide, including amongst young people. Health care providers managing asthma face different issues around the world, depending on the local context, the health system, and access to resources.

The report investigates the characteristics of workplace wellness programs, their prevalence and impact on employee health and medical cost, facilitators of their success, and the role of incentives in such programs. The authors employ four data collection and analysis streams: a literature review, a survey of employers, a longitudinal analysis of medical claims and wellness program data from a sample of employers, and five employer case studies.

Established in 1982, People of Today annually recognises over 20,000 individuals who are positively influencing Britain and

inspiring others through their achievements and leadership. Entry is by invitation only. The objective criteria for inclusion and removal are strictly maintained, ensuring it is the only publication of its type whose membership accurately reflects people of influence today. Expert nomination panels guarantee People of Today is uniquely current and trusted and encompasses over 40 sectors, from academia, law and business to charity, sport and the arts.

This book provides a practical, stepwise, evidence-based approach to effective management of patients with difficult to treat asthma. The impact of asthma on morbidity and healthcare utilization increases exponentially with severity. Severe refractory asthma accounts for less than 5% of all asthma. Its prevalence, however, is often overestimated as there are several other confounding factors that make asthma 'difficult to treat'. Many novel (albeit expensive) therapies are now available and providers caring for patients with severe asthma are charged with selecting the best evidence treatment. This calls for complex and nuanced decision-making. Whether people with asthma gain and maintain control over their condition depends not only on the availability of effective drugs, but also multiple patient and healthcare provider behaviors. Therefore, now more than ever, it has become increasingly important to differentiate "difficult" from "severe refractory" asthma to allow identification of patients most likely to benefit from these therapies. This volume delves into the current understanding of mechanisms and increasingly recognized heterogeneity of this complex disease. It discusses a structured approach to identification and optimization of factors contributing to poor asthma control, including nonadherence, comorbidities and occupational/environmental triggers. The book includes 'state of the art' reviews on recent advances in traditional and targeted asthma therapies, as well as a glimpse into what the future may hold. Highlights include a comprehensive guide to management of severe asthma in children and pregnancy, as well as practical considerations to management of asthma based on different clinical phenotypes. Each chapter is authored by leading experts in the field who share their own clinical approach. This is an ideal guide for clinical pulmonologists and allergist/immunologists, as well as primary care providers, physician extenders in specialty practice, physicians in pulmonary/allergy training, and even industry partners.

Drugs During Pregnancy and Lactation, 3rd Edition is a quick and reliable reference for all those working in disciplines related to fertility, pregnancy, lactation, child health and human genetics who prescribe or deliver medicinal products, and to those who evaluate health and safety risks. Each chapter contains twofold information regarding drugs that are appropriate for prescription during pregnancy and an assessment of the risk of a drug when exposure during pregnancy has already occurred. Thoroughly updated with current regulations, references to the latest pharmacological data, and new medicinal products, this edition is a comprehensive resource covering latest knowledge and findings related to drugs during lactation and pregnancy. Provides evidence-based recommendations to help clinicians make appropriate recommendations Uniquely organized and structured according to drug class and treatment indications to offer authoritative clinical content on potential adverse effects Highlights new research developments from primary source about working mechanism of substances that cause developmental disorders With a complex range of chronic illnesses identified as national health priorities in Australia and New Zealand, nurses and health

professionals are increasingly caring for people with chronic disease and disability across a variety of care settings. Acquiring the relevant knowledge and skills to work with people who have a chronic illness and/or disability is vital to providing quality, competent care. *Living with Chronic Illness and Disability: principles for nursing practice*, 3rd edition has been fully revised to reflect the most current local and international research, focusing on a range of common chronic illnesses and disabilities, including: stroke, cancer, heart disease, mental illness, dementia, diabetes, asthma and obesity. The third edition provides a holistic framework and models of care that are essential for caring for individuals and families living the life altering journey of chronic illness and disability. A reinforced focus on person- and family-centred care Chapter 2 Partnerships in collaborative care includes new sections on the role of the pharmacist, paramedic and exercise physiologist *Principles for nursing practice* are embedded throughout Section 2 Evolve Resources for students and instructors provide additional multimedia resources and reflective questions to assist learning and promote self-inquiry

Many parents experience a long and bumpy ride along the road to a nappy-free existence. Advice on offer from grandparents, friends and professionals is often conflicting, leaving parents unsure of how and when to potty train their child. In *Potty Training in One Week*, bestselling author Gina Ford sets out a simple, easy-to-follow programme that works quickly and avoids many of the common pitfalls parents encounter. This clearly organised book makes potty training easy, and even fun. Including updated information on: - How to know when your child is really ready - How to make potty training fun for your child - How to reward - How to deal with accidents - What to do when you go out - What to do at sleep times

The pace of research on Autism Spectrum Disorders (ASD) has expanded exponentially in recent years. It is difficult for anyone to keep up with all developments. This book will assist the experienced and non-specialist reader to keep up with recent developments. The book opens with a focus on the evolutionary aspects of autism and then focuses on the public's attitude towards autism including the stigma issue. Then there is a focus on cortical modularity and electrophysiology followed by treatment issues including sensory, medical and community-based interventions. Finally, forensic issues are dealt with and the importance of the built environment is focused on. The book will be relevant to psychiatrists, psychologists, paediatricians, social workers, speech and language therapists, occupational therapists and care workers.

This is the second and updated version of the *Textbook of Allergy for the Clinician*. It is a unique book in the field of allergy. The uniqueness lies in the international character of the book with contributors representing both the East and West. This book represents the diversity of issues affecting patients in the specialty of allergy, asthma & immunology. There is some discussion of the basic mechanisms involved and extensive elaboration for the clinicians. This book will appeal to medical students, residents and fellows undergoing training as well as consultants in academic and clinical practice settings. The color plates, especially in the section on Aerobiology, will help in the interaction between the patient and consultant in identifying the plant or flora which is the causative factor. The differences and similarities between the Eastern and Western approaches in the practice of the specialty are being addressed for the first time in a book.

A clinically oriented, user-friendly text on the diagnosis and treatment of infectious diseases for practising clinicians, students and residents. Most patients with asthma are easily diagnosed and treated with the use of an inhaler or medication. Approximately five per cent of people that suffer from asthma have 'difficult' or 'refractory' asthma, whereby they experience persistent problems that are not controlled by

standard treatment methods. Part of the Clinical Focus Series, this book provides a complete overview of difficult asthma, discussing the clinical assessment and management of this complex condition. Beginning with the epidemiology and characteristics of severe asthma, the book defines current understanding of the immunological mechanisms and disease heterogeneity. It also offers insight into how the condition can affect the physical and psychological aspects of a person's life. Separate chapters examine novel therapeutic strategies and the economic burden of refractory asthma. Key points Discusses clinical assessment and management of difficult asthma Includes epidemiology, immunology, physical and psychological effects, economic burden and novel therapeutics Internationally renowned author and editor team Standing as the only text focused on the pharmaceutical treatment of asthma, this reference details the pharmacology, mechanisms of action, efficacy, and safety of every drug currently used in the management and care of asthma patients. Internationally renowned authorities cover published practice guidelines, treatment plans, pharmacologic agents, and clinical studies to provide the most authoritative and up-to-date information on the use of medications to control and prevent this common condition. Reviewing the role of pharmacotherapy in the overall management of asthma, this guide: * reviews the pharmacology and clinical use of inhaled corticosteroids, beta adrenergic agonists, leukotriene modifiers, combination products, and many other asthma drugs * provides a practical framework for the optimal pharmacotherapy of asthma, focusing on outpatient therapy * examines international guidelines for the drug treatment of asthma.

The Second Edition of Asthma and COPD: Basic Mechanisms and Clinical Management continues to provide a unique and authoritative comparison of asthma and COPD. Written and edited by the world's leading experts, it continues to be a comprehensive review of the most recent understanding of the basic mechanisms of both conditions, specifically comparing their etiology, pathogenesis, and treatments. * Each chapter considers Asthma and COPD in side-by-side contrast and comparison – not in isolation - in the context of mechanism, triggers, assessments, therapies, and clinical management * Presents the latest and most comprehensive understandings of the mechanisms of inflammation in both Asthma and COPD * Most extensive reference to primary literature on both Asthma and COPD in one source. * Easy-to-read summaries of the latest advances alongside clear illustrations

Nanomedicine for Inflammatory Diseases is a cutting-edge resource for clinicians and scientists alike, working at the intersection of development and clinical therapeutics. This text is ideal for graduate level courses in nanomedicine, translational medicine, or inflammatory disease. This book is a progressive hallmark in translational medicine as it unites clinicians treating inflammatory disease with scientists developing experimental nanomedicine therapeutics. The commonality is made through a translational nanomedicine expert – bridging the gap between the laboratory benchtop and the clinical bedside.

The present volume is supposed to be a major reference resource for chest physicians and those involved in the development of novel pharmaceutical entities for these diseases. Internationally recognized authorities review the most important new information on the advances in our understanding of the pathogenesis and treatment of these diseases, including the substantial advances in the topical delivery of inhaled medicines. Each chapter is extensively referenced, generously illustrated with clear diagrams and photographs, and represents a state-of-the-art review of this important area of respiratory medicine.

This issue of Immunology and Allergy Clinics of North America, guest edited by Dr. Rohit Katial, is devoted to Severe Asthma. Articles in this issue include: Epidemiology and Pulmonary Physiology of Severe Asthma; Linkage and Genetic Associations in Severe Asthma; Asthma COPD Overlap Syndrome (ACOS); Biomarkers in Severe Asthma; Imaging in

Severe Asthma; Eosinophilic Phenotype; Neutrophilic and Pauci-immune Phenotypes; Role of Sleep Apnea and Gastroesophageal Reflux Disease in Severe Asthma; Role of Small Airways in Severe Asthma; Chronic Infection and Severe Asthma; Chronic Rhinosinusitis and Aspirin Associated Respiratory Disease; Psychosocial Factors in Severe Asthma; Traditional Therapies for Severe Asthma; and Emerging Biologics for Severe Asthma.

This landmark volume discusses the characteristics and impact of the remodeling process on airway function and clinical disease expression within the airway in asthma, covering pharmacological therapies and possible future targets relevant to regulating the remodeling process. Emphasizes the importance of treating underlying airway inflammation and the relevance of structural alterations to the airway wall, including glandular increases, enhanced collagen deposition within the submucosa, increased vasculature, smooth hypertrophy, and hyperplasias! Tracing the development and maintenance of bronchial hyperresponsiveness, decline in lung function, and loss of reversibility evident in chronic asthma, Airway Remodeling describes the contribution of inflammatory cells in the development of airway structural changes examines how pharmaceutical agents act and whether existing treatments modify or prevent remodeling in chronically inflamed asthmatic airways considers whether neural pathways initiate as well as contribute to the airway inflammatory cascade that leads to remodeling reviews the action of cytokines and growth factors on ASM signaling outlines novel approaches to regulating smooth muscle growth clarifies whether permanent ventilatory incapacity in asthma is caused by the uncoupling of the airway and the role of the lung parenchyma details high-resolution computerized tomography scan to measure the internal size of the airway at baseline, during challenge, or after bronchodilatation and more! Improving lung function and quality of life by reducing the need for emergency care, hospital admissions, and systemic steroid administration, Airway Remodeling is a superb reference for pulmonologists and respiratory system specialists; physiologists; pneumologists; allergists; pharmacologists; molecular, cellular, and lung biologists; and graduate and medical school students in these disciplines.

Using illustrative case examples, this book thoroughly reviews similarities and differences between asthma, chronic obstructive pulmonary disease (COPD) and the overlap syndrome. It is important to highlight the distinctions because these commonly encountered conditions in respiratory and primary care share many similarities but have important differences often mistaken for each other. This can have serious implications for treatment, particularly as new treatments are targeted at specific phenotypes of the diseases. This practical guide shows how to distinguish between the diseases on a pathological and clinical basis so that appropriate management and treatment may be pursued.

Severe Asthma European Respiratory Society

This guideline provides updated global, evidence-informed recommendations on the intake of free sugars to reduce the

risk of NCDs in adults and children, with a particular focus on the prevention and control of unhealthy weight gain and dental caries. The recommendations in this guideline can be used by policy-makers and programme managers to assess current intake levels of free sugars in their countries relative to a benchmark. They can also be used to develop measures to decrease intake of free sugars, where necessary, through a range of public health interventions. Examples of such interventions and measures that are already being implemented by countries include food and nutrition labelling, consumer education, regulation of marketing of food and non-alcoholic beverages that are high in free sugars, and fiscal policies targeting foods and beverages that are high in free sugars. This guideline should be used in conjunction with other nutrient guidelines and dietary goals, in particular those related to fats and fatty acids (including saturated fatty acids and trans-fatty acids), to guide development of effective public health nutrition policies and programmes to promote a healthy diet.

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