

## Author



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Dr Després is Director of Research at the Québec Heart Institute of Hôpital Laval. In 2005 he was appointed the Scientific Director of the International Chair on Cardiometabolic Risk. Dr Després has published more than 430 papers in peer-reviewed journals and has written 45 book chapters in the areas of assessment and management of obesity, on body fat distribution, lipid metabolism, diabetes, metabolic syndrome, exercise, nutrition and prevention and treatment of CHD risk factors.

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