Book Review

A Hand Book on Diabetes Mellitus

The second edition of “Hand Book on Diabetes Mellitus by Dr. V Seshiah (Chief Editor)” is a simple, practical, clinical update on a most important contemporary challenging disease. Published by All India Publishers and Distributors, Chennai, New Delhi. This book contains 22 chapters and has updated information on almost every aspect of diabetes. One of the major strengths of the book is its colour charts, tables, flow diagrams and simple language. In about 300 pages all the vital information has been presented. The basic chapters on Insulin secretion and action, is a concise presentation of insulin biosynthesis, secretion and action. The classification and diagnosis of diabetes has a very important table on differentiating points between type 1 diabetes, MODY and type 2 diabetes in children. The etio-pathogenesis of diabetes has very well defined illustrations and flow charts. Similarly the chapter on medical nutrition therapy is replete with very important information on glycemic index cholesterol content, fatty acid compositions and n6/n3 values of oils. This information is vital and often required by the physicians. The chapter on OHA and insulin are two excellent chapters as also the one on diabetes and pregnancy. The most important feature of these chapters is the unique style of presentation of clinical information in a very practical manner. The emergencies in diabetes namely the hyperglycemic and the hypoglycemic acute emergencies are very well written. The biochemical mechanisms, pathophysiology and the correlation of metabolic abnormalities with clinical features in these chapters provide easy understanding. The micro and macrovascular complications and the chapter on pathogenesis of complications contain all the important information and provide very useful tips of management and referral. The associated conditions such as infections and surgery in a diabetic and lipids and hypertension covers the important issues related to associated conditions. In addition diabetes foot and sexual functions have been also covered extremely well.

May be separate chapters on diabetes in the elderly, type 2 diabetes mellitus in children and one on prevention of diabetes will find place in the next edition.

However these points are covered elsewhere in the book.

On the whole this is a very useful, simple and practical companion for persons caring for diabetes.

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