Geriatric Care 2008

Book Review

GERIATRIC CARE 2008
A Text Book of Geriatrics and Gerontology
Edited by Dr. OP Sharma

The number of elderly persons is increasing all over the World, including in India. The age related changes which are heterogeneous occur at anatomical as well as physiological levels in various organs. The elderly are susceptible to the same diseases to which the middle-aged persons succumb. In addition these persons are afflicted by degenerative disorders and more of Cardiovascular and Cerebro-vascular diseases, Infections and Malignancy. The care of elderly has become complex and they have to ‘live with’ rather than ‘die from’ chronic ailments in advancing age. This has necessitated care by a comprehensive multi-disciplinary approach.

There is a great explosion of knowledge in the recent decades, and medical science has witnessed tremendous advances in understanding the patho-physiology of many disorders. It has resulted in utilization of newer diagnostic techniques and application of newer modalities of treatment. This has changed the pessimistic attitude towards elderly to an enthusiastic approach with all kinds of medical and surgical interventions both therapeutic as well as preventive.

Dr O.P. Sharma envisioning the need of an updated learning material for Indian Doctors, engaged in the care of elderly, has done a valuable service by bringing out the third edition of Geriatric Care 2008. The book has been thoroughly revised from the time of its first publication in 1999. This multi-disciplinary and multi-authored book has 13 parts with 98 chapters spread over 800 pages. The leading medical men from different parts of the country have contributed to the book. The science and art of medicine, being a life-long learning process, the physicians who are involved in geriatric care have to be constantly on the move to update themselves and widen their knowledge. This text book of Geriatrics and Geriatric care discusses the current issues facing elderly persons.

The initial sections of the book discuss biological and cellular changes of aging, basics clinical approach and investigations. Then starts Medicine which covers diseases under Cardiovascular system, Respiratory system, Gastrointestinal system, Rheumatology, Endocrinology, Nephrology, Neurology, Psychiatric, Hematology, Skin, Sexuality and Nutrition. Then come other specialties like Anaesthesia, Dentistry, Surgery, Urology, Orthopaedics, Rehabilitation, Gynaecology, ENT, Eye, Community and Preventive geriatrics. The book also has chapters on therapeutics, infrastructure and medical setup as well as lab values pertaining to Indian elderly. The remarkable aspect is a comprehensive coverage including subjects like Financial health, Legal issues and Prevention of ageing.

The book contains a wealth of information to all practicing geriatricians. The book should find place in all hospitals, and medical establishments, and libraries of the Medical Colleges.

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