

Problem Solving in Diabetes

Authors: Lee Kennedy, Iskandar Idris, Anastasios Gazis

Reviewer: *Masoud Y Al-Maskari

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AUTHORS

Dr. Lee Kennedy, James Cook University, Queensland, Australia; Dr. Iskandar Idris, Sherwood Forest Hospitals, Sutton-in-Ashfield, UK; and Anastasios Gazis, Queen's Medical Centre University Hospital, Nottingham, UK.

BACKGROUND TO THE BOOK

Diabetes mellitus is considered an epidemic chronic disease, which may be prevented and/or controlled by intensive and effective available therapies, as well as better understanding of its pathophysiology. This book comes as an addition to the many publications available in the literature on understanding how to manage a complicated disease in a simple manner with support of evidence-based medical literature.

OVERVIEW OF CONTENT

The book has 237 pages. It consists of preface, content, abbreviations and index with 8 sections as follows:

1. **Prevention and diagnosis:** Ways of diagnosing and preventing certain types of diabetes.
2. **Acute diabetes:** Types and means of management of acute complications of diabetes.
3. **Managing diabetes:** Means, methods and types of therapy available to manage difficult and various

types of diabetes.

4. **Reproductive complications:** How to manage fertility and reproductive problems in diabetes.
5. **Cardiovascular risk factors in diabetes:** How to manage various habits, diseases associated with and/or risks factor for diabetes.
6. **Microvascular complications:** How to manage chronic microvascular complications of diabetes.
7. **Macrovascular and other complications:** How to manage chronic macrovascular complications of diabetes.
8. **Diabetes in special groups of patients:** How to manage diabetes associated with certain diseases.

THE READERSHIP MOST SUITED FOR THIS BOOK

I recommend this book as a day-to-day reference guide for all professionals who are involved in providing care to diabetic patients. It will be valuable also to medical students during rotations in endocrinology.

APPROPRIATENESS OF THE CONTENT TO TARGET READERSHIP

The contents are presented in a simple, short and easy to read manner with brief literature references. This seems to be appropriate to the readership and easy to follow.

*Department of Medicine, Sultan Qaboos University, P. O. Box 35, Al-Khod 123, Sultanate of Oman

Email: mmaskari@squ.edu.om

COMPREHENSIVENESS OF THE CONTENT

This book covers most aspects of diabetic management in a simple and brief manner. Some other aspects of diabetic management are omitted or little covered such as: the psychological and psychiatric aspects of diabetes; diabetes and education; diabetes and self-management and finally diabetes and diets.

ORGANISATION OF THE CONTENT

Each section of the book follows the title starting with a real case description with some stimulating questions followed by answers supported by recent literature with references for further reading. The first case in each section is presented in an evidence-based manner, but unfortunately the rest of cases do not follow the same style.

GENERAL COMMENTS

QUALITY OF CONTENT

This book contains up-to-date, rich and valuable literature about diabetes mellitus. The presentation of the literature made this book simple to read despite the complexity of this debilitating and complicated chronic disease. In the era of internet and fast paced work, a book of this quality is a valuable companion to diabetic health providers.

QUALITY OF ILLUSTRATIONS

This book contains many good quality, coloured and easy to read illustrations, tables, figures and diagrams. The inclusion of diabetic photographs would have been a strong asset to the book.

SUGGESTIONS AND CORRECTIONS

SUGGESTIONS

The authors manage to cover most aspects of diabetes mellitus in a good quality text and illustrations with few exceptions. The following are suggestions for improvement for future editions:

1. Presentation of all of the cases in an evidence-based manner would make the book more attractive and useful.
2. Inclusion of some diabetic photographs would be most valuable.
3. Addition of sections about diets, education and psychological aspects of diabetes would increase the quality of the book.

CORRECTIONS

The following mistake should be corrected or amended:

Page 18: under prevention and diagnosis “screening and impaired glucose tolerance”; impaired fasting glucose (IFG): Fasting plasma glucose not ≥ 6.1 mmol/l, but < 7.0 mmol/l to fasting plasma glucose not ≥ 5.6 mmol/l but < 7.0 mmol/l.