

Book reviews

A. J. Krentz, C.J. Bailey: *Type II Diabetes in Practice*

This well-written and well-structured book is the first of an *In Practice* series published by the Royal Society of Medicine Press. The choice of the complex situation of Type II (non-insulin-dependent) diabetes mellitus as the subject of the first volume is well-considered in facing the emerging epidemic of the disease in this new century with major global public health consequences.

The book presents a successful compendium summarising evidence-based knowledge and recent research where this is particularly relevant to the clinical management of Type II diabetes. It also deals with associated vascular risk factors such as hypertension, dyslipidaemia and abdominal obesity as well as with the prevention of the metabolic syndrome. It presents clear-cut advice relevant to everyday clinical practice with selected important references, highlighted key facts and many clarifying illustrations.

The book has 188 pages and comprises 11 chapters covering epidemiology and pathophysiology, classification, diagnosis and principles of non-pharmacological and pharmacological management of Type II diabetes and associated complications. It also provides a quick reference section with a very clearly arranged summary of cutoff values for diagnostic tests, actual targets for metabolic control, a synopsis of antidiabetic pharmacological therapy and a list of normal values and conversions for laboratory data most relevant for the complex disease.

The strength of this excellent book is the very clear and concise format covering all aspects of the disease. The weakest part might be the first chapters dealing with a general overview of the burden of Type II diabetes, its epidemiology and pathophysiology with some overlapping topics with more specialised chapters and without intense discussions on controversial concepts. The sections devoted to pregnancy in women with

pre-existing Type II diabetes and gestational diabetes might be too concise regarding the fact that Type II diabetes increases to manifest at a younger age and that gestational diabetes is a very common disorder affecting about 5% of all pregnancies in central Europe. Although the concept of gestational diabetes still arouses considerable controversy among experts and universally accepted diagnostic criteria are still missing, the authors might emphasize the importance of the use of oral glucose tolerance tests instead of random glucose testing and could have given clearer instructions regarding a specific diagnostic procedure (missing cutoff values) and dietary therapy. Furthermore it must be stressed that – contrary to other sulfonylurea drugs in vitro – only glyburide has been shown not to cross the placenta. Although glyburide might be a potential candidate for oral drug therapy during pregnancy in the future, the limited currently available data do not permit firm conclusions to be drawn about its teratogenicity or that of any other oral hypoglycaemic drug.

This book has strong points. They include a detailed presentation and precise recommendations of pharmacological therapy with discussion on potential approaches for the future. It emphasises management by medication and through aggressive identification and modification of risk factors. The book is highly recommended for a wide audience, both for those who need a reliable introduction to the field and for more advanced clinicians. Clearly outlined guidelines provide a practical approach and the book serves the needs of staff who are involved in the delivery of diabetes care.

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