

## Book reviews

**Type II Diabetes – Prediction and Prevention.** Graham A. Hitman (ed), John Wiley & Sons Ltd, Chichester, New York, Weinheim, Brisbane, Singapore, Toronto 1999, pp 401 (ISBN-0-471-98595-3), Hardcover, £ 80.

The focus of this book is directed towards the strategy to predict and prevent Type II (non-insulin-dependent) diabetes mellitus; a desirable attempt given the accelerating prevalence of this disease. In the editor's preface it is stated that the purpose of the book is to highlight the main areas of research, whereby prediction and prevention of Type II diabetes will become a reality in the future.

The book consists of five parts. In the introduction, the aetiology of the disease is discussed and the latest epidemiology data given. The second part contains an updated introduction to the genetics of Type II diabetes as well as tentative methods to identify the major gene. The genetic background of the different subgroups of Type II diabetes is discussed together with the latest news on the use of animal models for genome screening. The next part of the book describes the impact of environmental factors and the final two parts discuss screening, prevention and future development.

It is difficult to get a clear picture of how this polygenetic epidemiological problem should be attacked, since the aetiology is not clarified. Nevertheless, the book fulfills the aim stated by the editor well by highlighting the areas of research as such. In particular, the genetics (Stern et al., Pedersen) and the part concerning current knowledge of how to identify responsible genes (Mc Carthy) are thoroughly and accurately presented. The reader is here given a clear picture of this complicated issue, and this text could be recommended to any researcher attempting to start new projects in this area. The section discussing intrauterine development, gestational diseases and obesity is well written, but it focuses mainly on the link between these pathogenic factors and Type II diabetes. It would seem important to give the reader more information about the genetics, the regulation of the impact of these environmental factors and the genetic background of obesity.

The section on screening and prevention is up to date and gives a traditional overview as well as new aspects concerning the strategy to attack these problems from ethical, ethnical, political and economical point of views. Some of these chapters are original and should be of broad interest in the work of health care and prevention programmes. The brief chapter discussing the putative role of gene therapy focuses entirely on

the techniques to increase insulin secretion. This issue may be considered somewhat premature but the text might serve as an optimistic report from the front-line.

Since many authors are involved in writing this book, several chapters partially overlap. A number of introductions include a brief review of the genetic background despite the presence of special chapters covering this issue. Although these parts could have been edited more actively, the book is still most enjoyable. Furthermore, the rich reference lists and the well-disposed index enable the use of this book as a handbook of Type II diabetes research. Altogether, this book is a well-written report from the research front and should be of interest to endocrinologists, diabetologists as well as to any clinician with a special interest in Type II diabetes. Some chapters could also be recommended to those who plan screening and prevention programmes.

A Preventing Gene Concept could be more thoroughly discussed in a forthcoming edition. If the major gene is so widely spread, who is protected against the outbreak of an overt disease? These issues seem crucial to the development of strategies for the prevention of inherited diseases with increasingly high prevalences such as obesity and Type II diabetes.

Peter Lönnroth  
Göteborg, Sweden

**Exercise and Sport in Diabetes.** B. Burr, D. Nagi (eds.), John Wiley & Sons Ltd. UK (1999), 194 pages, ISBN 0-471-98496-5, £ 40.00.

This book is for health care professional who treat people with diabetes mellitus. The entire diabetes team, including clinicians, medical students, nurses, nutritionists, psychologists, sports scientists, physical educators as well as the diabetic sports enthusiast, can benefit from this comprehensive book. The chapters combine state-of-the-art research based on established literature with clear practical guidelines to ease the challenge of managing diabetes mellitus in the physically active person. This book carefully considers the important fundamental differences in the physiological and metabolic response to exercise in patients with insulin- and non-insulin-dependent diabetes mellitus. Benefits and risks of physical exercise for these people are discussed. This book covers a broad range of topics including physiological, biochemical, psychological and