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**M. Sue Houston, Jeffrey M.P. Holly, Eva L. Feldman (eds):
IGF and nutrition in health and disease**

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This is a collection of 18 chapters on the insulin-like growth factor (IGF) system and nutrition, each worthy of attention. The book is thoughtfully organized into five major sections. Section 1 offers an overview of the molecular interactions within the IGF system. Section 2 explores the complex relationships between IGF and nutrition. Section 3 discusses growth and development, from the fetus, to neonate, to adult aging. Section 4 offers well-referenced reviews of IGF in various organ systems. Of particular interest to the pediatric nephrologist is the scholarly chapter by the Heidelberg group on the kidney and IGF. Finally, Section 5 offers five chapters, each addressing a specific disease state, from diabetes mellitus to cancer.

In a book authored by 43 contributors and covering such a wide range of topics, the editors probably recognized that there would be repetitiveness and unevenness. Some of the chapters contain technical details, a bit more than a reader might be willing to invest. Thus, the editors have helpfully arranged to have detailed key points to begin each chapter, with particularly useful conclusions, recommendations and future challenges to end each chapter.

In summary, this is a significant book that carefully explores and shapes a better understanding of nutrition in health and disease. It is an excellent resource, deserving of a place at all reference libraries and for everyone involved with nutrition care and research.