

# Essential Endocrinology and Diabetes

## Fifth Edition

**Authors:** Richard IG Holt, Neil A Hanley

**Reviewer:** \*Mohammed A Al-Lamki

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## علم الهرمونات الأساسي وداء السكر / الطبعة الخامسة

تأليف: ريتشارد هولت، نيل هانلي

مراجعة: محمد اللمكي

### BACKGROUND TO THE BOOK

Endocrinology and diabetes are a complex combination. This book has tried to encompass the factual complexities of updated knowledge and clinical experience. The history of endocrine diseases, enhances our understanding from clinical aspects through laboratory testing to diagnostic breakthroughs.

### OVERVIEW OF CONTENTS

The book has 272 pages with suggestions for further reading, a list of abbreviations and an index as well as some colour plates. The contents are in three sections as follows:

#### Part 1: Principles of Endocrinology (pages 3-52)

1. The endocrine system
2. The biological principles of endocrinology
3. The molecular basis of endocrinology
4. Investigations in endocrinology,

#### Part 2: Clinical Endocrinology (pages 53-182)

5. The hypothalamus and pituitary gland,
6. The adrenal gland

7. Reproductive endocrinology
8. The thyroid gland
9. Calcium and metabolic bone disease
10. Endocrine neoplasia

#### Part 3: Clinical Diabetes and Obesity (pages 183-264)

11. Overview of diabetes
12. Type 1 diabetes
13. Type 2 diabetes
14. Complications of diabetes
15. Obesity

### READERSHIP MOST SUITED FOR THIS BOOK

Students, interns and residents would benefit from reading this book, the latter during their initial introduction to clinical endocrinology. Others doing their fellowship in endocrinology would find it an introductory factual revision to the subject. Surgeons in endocrinology would find it useful and it would be a helpful reference book for practicing endocrine specialist nurses.

### **APPROPRIATENESS OF THE CONTENT TO TARGET READERSHIP**

The contents are well placed for understanding with a pre-ambled outline of facts and associated clinical aspects. The use of objectives for each chapter and key points at the end is a perfect method to grasp knowledge. The reader is eager to follow the contents, which are easy to comprehend. This book is a prelude to further reading in a subject of this complexity. It is thus very appropriate for beginners, a sound solid foundation reading for the subject.

### **COMPREHENSIVENESS OF THE CONTENT**

The content has covered most aspects within the scope of the book. The authors have managed to cover the basic facts as well as updates, especially in molecular biology, and have associated these to clinical practice. It would be more complete if it had a simplified methodology of growth charts and interpretations.

### **ORGANISATION OF THE CONTENT**

The organization of the content is hard to fault. The facts are appropriately placed with targets, testing of knowledge by clinical cases and points of importance being emphasized at the end of each chapter. This is a very modern way of learning and knowledge stratification.

### **GENERAL COMMENTS ON QUALITY OF CONTENT AND PRODUCTION**

Again, this is a modern way of placing factual content, clinical aspects and emphasising important points. This is the basis of this book and with boxes and illustrations, for facts or molecular illustrations the reader is placed in an inviting aura of knowledge.

The illustrations and the colour plates are well placed and of high quality. There is no doubt that the authors have been successful in reaching their targets. I congratulate them on a very useful book that is enjoyable to read. I read the history of endocrine disease with relish. Very few books in the past have attempted this kind of history. The case histories and questions and answers are simple but testing. I would recommend the book for my residents and fellows as initial reading material.

### **SUGGESTIONS**

In the future editions, the authors would do well to add:

1. Growth charts and growth velocity charts with interpretations
2. Insulin infusion sliding scale: Digami and other subcutaneous sliding scales in brief
3. Guide to CSII (Continuous Subcutaneous Insulin Infusion).
4. References at the end of each chapter, for cross referencing.
5. Practical aspects of carbohydrate-counting.