

The Endocrine System at Glance

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لمحة على الجهاز الهورموني

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BACKGROUND TO THE BOOK

This is the second edition of the book, which is one of a series of concise introductions to a subject intended mainly for undergraduate medical students. Endocrinology refers to the study of endocrine glands. This book gives details on many aspects of endocrinology and advances that have occurred both in basic sciences and on clinical levels. For example, a major area of advance has resulted from the application of molecular biology to hormone synthesis and action and, in the foreseeable future, to aspects of treatment.

OVERVIEW OF CONTENT

This book has 120 pages. It consists of preface, glossary and index with 11 parts divided into 54 sections as follows:

Part 1 - Fundamentals: basic endocrinology; illustrations of endocrine hormone secretion; chemical transmission; mechanisms of action; types of receptors and overall control of the hypothalamus and pituitary with explanation of feedback control.

Part 2 - Growth: cellular growth factors, normal growth facts and a short review of growth hormone pathophys-

iology as well as its clinical implications.

Part 3 - Thyroid: thyroid physiology, clinical presentations of thyroid diseases and methods of diagnosis.

Part 4 - Adrenal system: different hormones secreted by adrenals with features of associated clinical syndromes, in addition to a brief explanation of endocrine autoimmunity.

Parts 5, 6 & 7 - Sexual differentiation and development: illustrated information on this topic and the genetic background. The gonadal sex effects and the development of secondary sexual characteristics are covered with a short review of some of syndromes. Emphasis is given to female reproduction and different aspects of menstrual irregularities. In addition, two sections discuss male reproduction, androgen secretions and spermatogenesis.

Part 8 - Posterior pituitary hormones: with a demonstration of the relationship between endocrinology and hypertension and the importance of the rennin-angiotensin-aldosterone system.

Part 9 - Pancreas and gastrointestinal system: its ef-

fect on homeostasis and the development of the metabolic syndromes of diabetes with a short demonstration of its presentation, complications and treatment.

Part 10 - Energy homeostasis: as well as the discussion of different presentations of obesity, insulin resistance and complications.

Part 11 - Calcium metabolism and bone disease: pathophysiology of parathyroid hormone excess, the role of vitamin D and different presentations of bone diseases are discussed in the last section of this book.

THE READERSHIP MOST SUITED FOR THIS BOOK

I recommend this book for undergraduate medical students. However, it would also be an additional source of medical information for junior doctors during their rotations in medicine and endocrinology. I suspect it might also prove valuable for many senior physicians as well.

APPROPRIATENESS OF THE CONTENT TO TARGET READERSHIP

The contents of this book are presented in an attractive, illustrative way that merges pathophysiology with clinical scenarios. This seems appropriate for individuals dealing with endocrinology as an understanding of normal physiology is important in order to interpret results and then proceed to good patient management.

COMPREHENSIVENESS OF THE CONTENT

This book fulfils its remit as it gives a concise, short and complete overview of clinical endocrinology. The clinical scenarios are usefully accompanied by appropriate diagrams, tables and photographs. They thus provide good material for readers to understand the

sequence of events leading to different endocrinological problems.

ORGANISATION OF THE CONTENTS

Each section of the book starts with an introduction, followed by a clinical scenario and then a demonstration of basic pathophysiology with attractive illustrations. The contents are presented in simple easy to follow format, giving readers the opportunity to come to grips with both physiology and clinical presentations.

GENERAL COMMENTS

QUALITY OF CONTENT

The authors of this book fulfil the objectives stated in their introduction, by presenting the data clearly and accurately. The information given is up-to-date and is presented in a simple and easy to understand manner.

QUALITY OF ILLUSTRATIONS

This book contains very good illustrations and diagrams. They make it easy to understand and demonstrate, for example, the various steps in the actions of hormone mechanisms in different target tissues.

COMPLETENESS OF CONTENTS

The authors manage to present concisely different aspects of the endocrine system. However, this book only gives an overview of the medical problems. It does not replace or substitute the information in text books on endocrinology.

SUGGESTIONS

The authors present data in a good, readable style with explanatory materials. However, the following suggestions are made:

1. The cover could be more attractive than its present darkish olive green format.
2. Treatment plans should have been given more attention so as to complete the picture for the readers.