

Book review

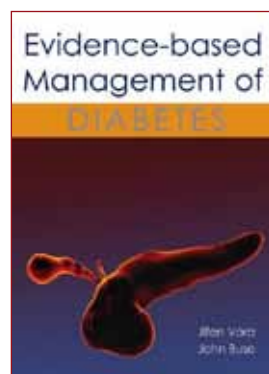
Evidence-based Management of Diabetes

Reviewed by Paul Downie

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Speaking first and foremost as a generalist, diabetes lends itself naturally as an area of special interest as it is a condition that results in widespread physical and often emotional complications; there is not a single body system that is not vulnerable to the deleterious effects of this disease. There can often seem an unending number of potential topics to discuss when seeing and treating people with diabetes; key priorities include the management of glycaemic, lipid and blood pressure control, but screening for and treating complications also takes time. It often seems an insurmountable task keeping up to date with new therapeutic agents, new guidelines and gaining an understanding of trial data, as well as applying this knowledge into everyday practice.

A new book, *Evidence-based Management of Diabetes*, edited by Professors Jiten Vora and John Buse, has recently been published in hardback format. This book's text is almost



Vora J, Buse J (2012)
Evidence-based Management of Diabetes.
TFM Publishing Ltd, Harley,
Shrewsbury

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Reviewer

Paul Downie, GP Partner at Alton Street Surgery, Ross-on-Wye.

of authors, each world-renowned international experts in their field. Each chapter offers robust yet concise summaries of the evidence in the authors' respective fields. The book's overwhelming strength is the fact that it covers a huge quantity of information so comprehensively, but the information is provided in a reader-friendly, efficient and concise fashion.

It can often be difficult and more than anything else time-consuming searching and retrieving papers in an attempt to understand the current evidence base, as well as taking heed of new developments in diabetes care; this book provides the reader with this information, offering easy access to the most up-to-date evidence. The text is supported by the use of helpful graphics, and each chapter concludes with an important summary of the seminal points.

Personally, I have not come across another textbook that provides such extensive coverage of the most up-to-date controversies and issues in diabetes management. I have no doubt that this book will form a key reference for me in my everyday practice. *Evidence-based Management of Diabetes* will be useful for generalists and specialists alike, as well as providing an excellent resource to those undertaking postgraduate qualifications in diabetes. This is a well-written and well-put-together textbook, and the editors have done an amazing job distilling the large volume of information into such an enjoyable and presentable format.

I can confidently say it has been a privilege to have been given an opportunity to review this text; I genuinely cannot recommend this text highly enough. I am in no doubt that it will become an essential textbook for anyone involved in diabetes care. ■