

BOOK REVIEW

Diagnosis and Management of Type 2 Diabetes

Steven V. Edelman, MD and Robert R. Henry, MD
256 pages. Caddo, OK; Professional Communications, Co.; 2001
\$21.95. ISBN: 1884735622

As someone who spends much of her life trying to write about the treatment of diabetes for patients and health care professionals, I fully understand how hard it was for Drs. Edelman and Henry to complete this book. Yet, they were persistent and have created a remarkable, easy to follow, concise guide to the diagnosis and management of type 2 diabetes. This little book should be a required addition to the library (or possibly white coat pocket) of every physician who treats patients with diabetes.

The sections in this book are easily accessed from the table of contents. The content is clear and enhanced by the use of tables and graphs. To me, the real strength of this book is the authors' discussions of what they do. The chapter on the use of oral antidiabetic agents and the chapter on insulin are both extremely helpful because they both describe treating a variety of different types of patients as well as provide the authors' approach to treatment. Somewhat less well done are the earlier chapters on the classification and diagnosis of diabetes, which are split (fairly artificially, it seems) into two chapters instead of presented in one; the authors largely repeat the official American

Diabetes Association guidelines instead of adding their own spin. Additionally, there is a very useful chart titled "Diabetes Warranty Program" that seems lost at the end of the chapter on the diagnosis of diabetes and should have been included in the diabetes management section.

The authors provide exactly the right number of references—neither too few nor too many. The algorithms they provide for treating diabetes, as well as for treating painful diabetic neuropathy, are extremely useful. I would love to see similar algorithms included for the treatment of diabetic ketoacidosis and hypoglycemia as well. Finally, the book provides a comprehensive list of resources with accompanying web site addresses, which is quite helpful.

In conclusion, this is a well written, accurate summary of the management of type 2 diabetes for the practicing physician as well as for house staff. It is a great resource and is laid out in a manner that makes it easy to follow. I hope that the authors have plans to publish this on the Internet, which would make it even easier to use for those with Internet access. Additionally, it would be nice to print out some of the graphs and tables to hand out and use as teaching tools for patients and house staff alike.—
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