Book Review

Diabetes Mellitus

Author: Dr. P.G. Raman • ISBN-978-81-473-244-6 • Pages 824 • Year 2014
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Review: This is an excellent book on diabetes, written from an Indian clinician’s perspective. The book is authored by Dr. PG Raman, a well-known academician and clinical teacher in Internal medicine. In addition to the excellent evidence-based approach, the book probably reflects the superb teaching skills of the author.

A unique feature of the book is the focus on practical aspects, important to Indian doctors. For example, there is a table specifically comparing the three older-generation sulfonylureas- gliclazide, glipizide and glibenclamide. This table provides not only practical details like dosing, but also other important details like proven benefits on vascular risk. This is important as Indian clinicians continue to use older generation sulfonylureas, given their economical cost.

In addition to focusing on conventional drugs- the book also covers the newer agents like DPP-4 inhibitors and liraglutide, putting them into perspective. There is a chapter on insulin delivery systems as well as indigenous medication; both important from the Indian perspective. A remarkable achievement of this book has been the selection of unique topics in diabetes, especially those which are important from the Indian perspective. For example, the chapter on Tuberculosis and Diabetes is laced with pearls of wisdom, culled from scientific evidence, as well as the years of the author’s experience. For example, there is a very interesting section that describes INH-related neuropathy and its clinical presentation- and comments on its similarity to diabetic neuropathy. Another excellent section is on Diabetes and the Liver.

A notable feature of the book is that the book does not shy away from describing clinically important biochemical phenomena of importance to diabetes. For instance, there are well written chapters on lactic acidosis and on glycation products.

With such a well written book, it is difficult to find many faults- one does feel that the design of the cover and glossiness of the pages would have added to the glitter. However, if you look beyond the fairly simple cover and design, this excellent book contains several gems of wisdom for the clinician and the postgraduate alike.

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