

# BOOK REVIEW

## Diabetes Mellitus

**(Aspects of the World Wide Epidemiology of Diabetes Mellitus and its long term complication).**

**Editor – J.M. Ekoe.**

**Publisher – Elsevier Science Publishers, Amsterdam, 1988.**

Documentation of the recent information on the global epidemiology of diabetes mellitus, especially following WHO criteria on its diagnostic value for blood glucose, has been the main objective of this text.

Data presented on Caucasian populations is about twice than the non-Caucasians, though the global population density is the reverse. This is in reality based on the available scientific literature.

After the classic contribution of Prof. Kelly West's "Epidemiology of Diabetes and its Vascular Lesions" published in 1978, Dr. Ekoe has now filled the gap of information as becoming available in this decade. The subject has been dealt in three parts:

- a) Epidemiological data, prevalence in different populations, IDDM, NIDDM.
- b) Clinical syndrome, diagnostic criteria, classification.
- c) Long term complication, mortality pattern.

The WHO recommendation has been incorporated as to provide uniformity in the surveillance studies. New areas of interest covered refer to Middle East and China.

The end-organ involvement in diabetics has been quantitated, employing the accepted modern criteria and based on data from world-wide recognized centres/groups. Authentic work from NIH, Joslin Centre, Pittsburgh, Kroc (U.S.A), MNSVD (Geneva), WHO, Steno Memorial (Copenhagen), Guy's, Kings Hospitals, London (U.K) and Pacific Centres: Lion International Institute, Melbourne (Australia) and Asia-Oceania

Congress Series has been referred to. In expressing the findings for each study, the author has avoided controversial issues and again sources of information that lack ascertainment have been included as such.

Following relevant queries have not been addressed:

- a) Increase in trend of the prevalence rates (both of IDDM and NIDDM).
- b) Lack of identification of causes for some atypical types of diabetes
- c) Regional variation in the end organ manifestations in different continents
- d) Difference in life expectancy of diabetes in different countries, related to accessibility of medical and social amenities

This brings in the need for international effort and directions as to confirm increasing rates and related events employing uniform methodology. Intervention studies may then be designed to reduce the possible risk factors and prevention and control of diabetes.

In evolving strategies for chronic diseases, the collection of some basic hard data is a preliminary requisite. The book has achieved this objective excellently. Again, the bibliography is most complete and the author needs compliments for this compilation of resource material.

In this decade, concepts and methods of epidemiology have brought in a broadening of the scope of health disease processes and identification of risk conditions. Epidemiology today relates to non-communicable diseases in a big measure. Understanding of such disease processes in relationship to the community with research methodology would soon usher in new applications in clinical medicine to reduce the burden of non-communicable diseases.

All those interested in the epidemiological aspects of diabetes would benefit from this text.