

BOOK REVIEW

Full life with Diabetes (Second Revised Edition)

Authors: A.S. Godbole and S.A. Godbole
Publisher: Popular Prakashan, Bombay, 1991.

This book is primarily written for the diabetic patients and their families. Starting with the historical aspect of diabetes, the authors discuss definition, causes and clinical course of the disease. In subsequent chapters, methods of monitoring control and management with diet, exercise, oral drugs and insulin is described. The last few chapters describe management of diabetes in children, women and elderly. The appendices describe composition of foods, exchanges lists and information about Diabetic Association of India.

This book should prove to be very useful for the Indian diabetics. Besides presenting the standard matter under each heading, it touches upon

specific aspects related to the Indian conditions. The book is well illustrated, although the quality of drawings could have been better. As there are only a few comprehensive manuals for diabetes in the Indian market, this book fulfills a very important need. The appendix 8, containing information about Diabetic Association of India, could have been more comprehensive by including information about all diabetes-related learning resources and information about other active diabetes associations and centers like National Diabetic Association of India, Calcutta; Diabetes Foundation, Delhi and Diabetes Research Center, Madras.