

BOOK REVIEW

Book Review: Almaatouq Manual of Diabetes Practice

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**Bibliographic data:**

Title: Diabetes Practice

Editors: MA Almaatouq & SA Aftab

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At first glance, I had the impression that this is yet another text book of diabetes but as soon as flicked through the pages, I came to realise that the book was structured and presented to serve as a desktop quick reference aiding in instant decision making.

In its first edition, this book by Almaatouq and Aftab comes in 261 pages, printed in almost A4 size papers encompassing 52 chapters. Interestingly, in its very first edition, the book was named after the first author. Seemingly, the cover and the back pages were showing the photograph of the first author. Diverse topics were included, covering in one hand common clinical scenarios such as the diagnosis and

management of type 2 diabetes. On the other hand, the book covered areas of particular relevance to specialists such as insulin allergy and selective glucose transporter 2 inhibitor therapies. The book comprised of 3 sections.

Section one addressed issues related to type 1 diabetes and contained 18 chapters. Topics discussed included insulin therapy and titration, education, insulin pump, follow-up plans and hypoglycaemia.

Section two contained 22 chapters. This section dealt with type 2 diabetes and covered areas from diagnosis and management of glycaemia and allied disorders, to diabetes in pregnancy and other special situations.

The last section dealt with inpatients diabetes management and appropriately included many chapters which dealt with day-to-day diabetes challenges facing ward staff.

As the reader skims through the first few pages, the richness of this book with colourful clinical algorithms, flow charts, graphs, tables and explanatory clinical cases becomes evident, something which the authors should be commended for. In such a layout, the book serves well as an instant source of information to practitioners in general medicine and trainees alike. At a price tag of \$67.99, this book is reasonably priced among similar releases. Nonetheless, those clinicians who may consider using this book as a quick reference guide in the setting of a clinic consultation or acute hospital situation will undoubtedly be deterred by ease of accessibility related to size of the book and the long list of subjects included.

I was impressed by the details included within the clinical algorithms but reservations ought to be expressed concerning the dogmatic nature of some of the recommendations for example the unqualified recommendation of giving a carbohydrate meal prior to exercise in sulphonylureas treated patients or hospital admission of subjects with triglyceride levels in excess of 11.0 mmol/L. Some dosing anomalies and spelling mistakes deserve further attention too.

Once the authors redefine their target group of readers and resize the book accordingly, I am sure that many clinicians practicing in the area of diabetes will look forward to a more concise second edition, ideally supplemented by an online version.