



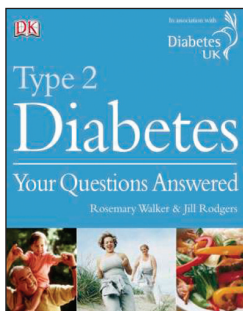
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Book Review

Type 2 diabetes: your questions answered

Rosemary Walker and Jill Rogers



Published by Dorling Kindersley in association with Diabetes UK (2006)
www.dorlingkindersley-uk.co.uk
ISBN 1405311502
£9.99 paperback
192 pages

'Type 2 diabetes: your questions answered' is a very clear, easy to read guide for patients with type 2 diabetes. It provides comprehensive coverage of the condition and its related aspects, and is well illustrated, with step-by-step photographs, e.g. showing patients how to monitor their blood glucose level. It will appeal to patients who have a good command of the English language and are fairly knowledgeable about diabetes in general terms.

The book provides practical advice for patients on how to minimise the risk of complications by following a healthy lifestyle and monitoring their blood glucose level. The question and answer format identifies many of the key concerns of patients with diabetes and addresses them in detail, although inevitably there is some repetition from chapter to chapter.

Some aspects of diabetes management should perhaps be approached with a little more caution, such as when advising on increasing insulin doses during

illness. Although a patient with diabetes on a large insulin dose may be able to tolerate dosage increases, I would be cautious when advising a patient to increase their dose by 6 units at a time, as recommended on occasion in this book. There may be a danger that a patient may decide to increase their insulin dose to an inappropriate level as a result of reading this book. From a safety aspect, I would be hesitant to advise a patient to increase their oral medication (as in one chapter) when they may already be on maximum therapy. It should be emphasised that it is very important that patients should always seek specialist/medical advice at times of illness when either oral medication or insulin doses may need to be reviewed.

In clinical practice, I would also not recommend 'rounding blood glucose readings up or down' as this can be misleading when interpreting results. Readings are more likely to be rounded down rather than up, therefore providing patients with a falsely positive perspective of their diabetes.

Despite these criticisms, I would recommend this book to a patient with diabetes, depending on their level of knowledge. It is a useful source of information and is clearly presented, providing a valuable resource to patients.

Romilla Jones

Research Nurse

Division of Medicine, University College London

e-mail: rmharoj@ucl.ac.uk

Tel: +44 207 288 5307

Conference Notice

43rd Annual Meeting of the European Association for the Study of Diabetes (EASD)

17–21 September 2007, Amsterdam, The Netherlands

For further details and to register please contact:

EASD Tel: +49 211 7584690, Fax: +49 211 75846929, e-mail: secretariat@easd.org, website: www.easd.org