

## Book Review

### Diabetes in the Arab World

ABDULFATTAH LAKHDAR, GEOFFREY GILL.  
302 pp. **Price:** £32. **Publisher:** FSG  
Communications LTD. **Date of Publication:** March  
2005. **Place of Publication:** Cambridge, UK.  
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This is an excellent book in the sense that although no disease has been studied extensively all over the world like diabetes, still there is lack of data on many aspects of this disease in the Arab world. This is very important because diabetes management is very much affected by culture, food habits, lifestyle and genetics. It is needless to say that we differ from the western world in those aspects. This topic has been neglected in medical texts; also there is tremendous increase in type 2 diabetes in the Arab world. These are the main justifications behind writing this book the author mentioned in his introduction, both are convincing. The book is divided into 2 sections. Section one addresses global diabetes perspectives including epidemiology, complications, management and prevention. Section 2 is on diabetes in the Arab world.

One of the chapters I found very interesting is chapter 16 on "diabetes during Ramadan and Hajj", which is a challenge we face every year with our patients trying to control their blood sugar from going crazy during these difficult times, most of the time we fail to do so.

The only criticism I have for this book is that section one did not add much to it. It was not the main goal of the book. I consider it a long unnecessary introduction. It did not affect the value of the book, still it did not add much. Also, I think it would have been a good idea to write a separate chapter at the end of the book on the major differences between diabetes in the Arab world and elsewhere, it would open new horizons of discussion, namely, is it due to different genetics or under-developed health care. Still I think this book will be very useful to physicians from many specialties mainly, internists and primary care physicians.

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