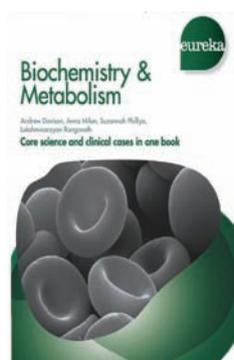


Book Review



Biochemistry & metabolism. *Core science and clinical cases in one book*

Andrew Davison, Anna Milan, Suzannah Phillips, Lakshminarayan Ranganath. 260 pp. Price: £22.95. Publishers: JP Medical Publishers Date of Publication: 2015. Place of Publication: United Kingdom. ISBN-10: 978-1-907816-83-3.

This book is one of a series developed for undergraduate medical students that fully integrates basic science, clinical medicine, and surgery featuring clinical cases, graphic narratives, and a selection of learning tools. The book comprises 260 pages, divided into 9 chapters. Each chapter starts with pre-assessment questions or a clinical case that helps to engage the reader and focus on the important educational points; answers to these questions can be found at the end of each chapter. The book covers all major topics for a basic course from types of biochemical reaction, enzyme, and cofactor to fluid and electrolyte balance nutrition. Chapter 1 provides an introduction to cellular structure and function, biochemical reactions and body fluids, and clearly explains key concepts and mechanisms to

help the student link basic science to clinical cases. This is followed by systems-based chapters (2-6), which describe the structures such as proteins, lipids, nucleic acid, carbohydrates, and processes like hemoglobin metabolism that highlight normal functions. Chapter 7 and 8 describe fluid and electrolyte balance and nutrition. Lastly, chapter 9 provides revision aid and self-assessment for students with 80 multiple questions in clinical SBA (school-based assessment) format in line with the recurrent exam format.

The biggest strength of this book lies in how basic biochemistry is explained in system based chapters divided into core principles followed by clinical presentations and scenarios that emphasize its relevance in real life and clinical medicine. The layout is well thought out and visually engaging, which makes it easier to take in. It is a great book and an excellent resource to have, reasonably priced, for the intended audience, especially medical students, whom this book would aid in building basic concepts of biochemistry in the pre-clinical years in a way that doesn't overwhelm the reader yet provides the necessary information.

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