

RECENT PUBLICATIONS

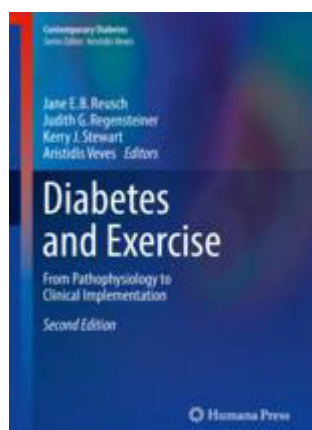
Book reviews

Diabetes and Exercise. From Pathophysiology to Clinical Implementation. Second Edition

(Diabetul și efortul fizic. De la fiziopatologie la implementarea în clinică. Ediția a doua)

Editors: *Jane E.B. Reusch, Judith G. Regensteiner, Kerry J. Stewart, Aristidis Veves*

Publishing House: Springer International Publishing, 2018
357 pages; price: \$129.00



The book we have decided to call attention to this time is the fully revised and updated second edition of a work whose first edition was published about nine years ago. Obviously, the main explanation for this new edition of the book is the topicality of the health problem it is dedicated to, if we realize that worldwide there are already about 415 million people with diabetes, and an astronomical growth - up to a total of 642 million - in the number of this population is predicted for the next 20 years. The other reason for the publication of a new edition is the finding that even if the leading authorities in the field consider the pandemic of diabetes to be preventable on the condition that meaningful changes in diet and physical activity are made, most people still ignore these recommendations and continue to be physically inactive.

The fact that people with diabetes are confronted with physiological and socioeconomic barriers in their potential intention to become more physically active is an accepted reality, and at the same time it is obvious that currently, an alternative for safe and effective exercise programs for all these persons does not exist. Or, taking into consideration that this book is the result of the collaboration of experts and researchers in diabetes, diabetes prevention, integrative physiology, exercise physiology, and exercise implementation, it could prove an invaluable and irreplaceable tool for practitioners attempting to implement modern programs of this type.

The concerted efforts of 53 collaborators resulted in more than 350 pages of concentrated text, distributed in 4 parts and 22 chapters. Formally speaking, all the chapters are important and necessary to acquire a complex and scientifically based image on how physical activity may be involved and would operate in the life of people with diabetes. However, in our opinion, some chapters seem to be of crucial interest for exercise and sport professionals directly involved in physical activity interventions. These chapters can be found within the 3rd and 4th parts: “Management and treatment” and “Special considerations for exercise in people with diabetes”, respectively.

So, if in the 12th chapter, readers learn about the conclusions of two very important studies, which proved the benefits of a lifestyle intervention in persons at risk for or with type 2 diabetes, the following chapters provide them with state of the art information on exercise and nutrition (chapter 13), strategies to be used for increasing exercise and decreasing sedentary behaviors (14), and how quality of life is improved and has to be assessed for evidencing the beneficial effects of an active lifestyle (15). The final sequence of this part is dedicated to the medical evaluation and exercise testing of those intending to participate in an exercise program.

The last part of the book contains six chapters and starts with that about some conditions - cardiovascular disease, neuropathy and retinopathy - which may negatively interfere with exercise and need additional attention and monitoring, especially during the initiation period. Chapter 18 presents the problems raised by the presence of other comorbidities, such as hypertension, arterial stiffness, systolic and diastolic dysfunction, pulmonary disease, fatty liver, obstructive sleep apnea, which are frequently present in type 2 diabetes and further worsen exercise capacity, whereas the next chapter is dedicated to exercise in children and adults with type 1 diabetes; the authors emphasize the particularities of exercise management in these cases, taking into consideration the great differences in the pathophysiology of the two types of diabetes. How professionally designed exercise programs improve quality of life and reduce fall incidence, as well as what these programs must contain and focus on can be learned from the 20th chapter, while the next chapter deals with the features, the benefits and the risks of cardiac rehabilitation work with patients suffering from diabetes. Finally, the last chapter consists of a really comprehensive material about what can and must be done for patients with both peripheral artery disease and diabetes.

Gheorghe Dumitru
gdumitru@seanet.ro

<https://doi.org/10.26659/pm3.2018.19.1.66>