



BOOK REVIEW: PRACTICAL DIABETES MELLITUS

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ABSTRACT

Background: *Practical Diabetes Mellitus* by Dr. Pradeep G. Talwalkar is a comprehensive clinical guide aimed at family physicians and medical officers for the diagnosis and management of diabetes mellitus. The book integrates epidemiological trends, pathophysiology, diagnostic principles, and therapeutic approaches relevant to contemporary diabetes care. **Methods:** This review was conducted by systematically analyzing the book's structure, thematic organization, scientific depth, and clinical applicability. Key chapters were evaluated for clarity, relevance to daily practice, and the effectiveness of visual aids in enhancing understanding. **Results:** The book provides a detailed overview of the etiology, classification, and epidemiology of diabetes in adults and children. It covers diagnostic criteria, laboratory investigations, and the practical use of glucometers. Management sections include lifestyle modification, dietary planning, oral antidiabetic agents, incretin

therapy, and comprehensive insulin management. The text also addresses acute metabolic complications, diabetic foot care, hypertension, hyperlipidemia, metabolic syndrome, and surgical considerations. A multicolored flowchart for selecting antidiabetic agents adds significant practical value. **Discussion:** The book offers strong foundational knowledge supported by practical and clinically relevant insights. Its systematic presentation and real-world applicability make it a useful reference for primary care practitioners. However, some sections would benefit from expanded discussion on newer therapeutic options such as

SGLT2 inhibitors, modern incretin therapies, and advanced insulin delivery technologies.

Conclusion: *Practical Diabetes Mellitus* remains a valuable and accessible reference for clinicians seeking a thorough understanding of diabetes diagnosis and management. Its emphasis on practical guidance makes it especially beneficial in general practice, though future editions could strengthen coverage of emerging therapies to align with evolving standards of diabetes care.

KEYWORDS: Practical, Diabetes Mellitus, incretin, insulin, SGLT2.

INTRODUCTION

Practical Diabetes Mellitus by Dr. Pradeep G. Talwalkar is a comprehensive 241-page professional reference book designed to support family physicians, general medical officers, and clinical practitioners in the effective diagnosis and management of diabetes mellitus. Since the release of its 3rd edition in 2006 and expanded 4th edition in 2012, this book has served as an essential resource that integrates epidemiology, pathophysiology, diagnostic criteria, laboratory investigations, and evidence-based management strategies.

Given the rising burden of diabetes and its associated complications, the book plays an important role in strengthening clinicians' practical understanding of diabetes, enabling them to deliver informed, systematic, and patient-centered care.

METHODS

This book review was developed by thoroughly analyzing the content, structure, themes, and organization of *Practical Diabetes Mellitus*. Key chapters were reviewed to assess the depth of scientific detail, clinical applicability, and relevance to current medical practice. The review also evaluates the clarity of writing, use of visual aids (such as flowcharts), and accessibility for the intended audience.

RESULTS (Summary of the Book)

Dr. Talwalkar presents a detailed and systematic approach to understanding diabetes mellitus:

1. Foundational Concepts

- Etiology and classification of diabetes in both adults and children.
- Epidemiology and overview of disease burden.
- Diagnostic criteria, laboratory investigations, and interpretation.
- Practical use of glucometers in family practice.

2. Management Approaches

- Role of diet, exercise, lifestyle modification, and meal planning.
- Pharmacological management including oral antidiabetic agents, injectable incretin mimetics, and detailed insulin therapy.
- Explanation of insulin preparations based on onset, peak, and duration of action.
- Common errors in insulin prescription and administration.

3. Complications & Associated Conditions

- Acute metabolic complications.
- Diabetic foot management.
- Hypertension and hyperlipidemia in diabetes.
- Metabolic syndrome.
- Diabetes and obesity (“diabesity”).
- Surgical considerations in diabetic patients.

4. Visual Aids

A user-friendly, multicolored flowchart outlining the selection of antidiabetic agents based on specific clinical scenarios enhances the book’s practical utility.

DISCUSSION (Critical Analysis)

Practical Diabetes Mellitus offers strong foundational knowledge, practical insights, and evidence-based strategies for clinicians. Its clarity, clinical relevance, and systematic presentation make it valuable for daily practice, especially in family medicine and general medical settings.

The book excels in integrating basic science with real-world clinical applications—such as glucometer usage, lifestyle interventions, and insulin administration techniques—making it highly practical. The inclusion of colored flowcharts helps simplify therapeutic decision-making.

However, some chapters could benefit from deeper discussion of emerging therapies, such as newer incretin-based treatments, SGLT2 inhibitors, and advanced insulin delivery technologies. More emphasis on individualized management and long-term cardiovascular risk reduction strategies would further strengthen the text, given modern diabetes care standards.

CONCLUSION

Dr. Talwalkar's *Practical Diabetes Mellitus* remains an essential, user-friendly guide for physicians seeking a thorough understanding of diabetes—its causes, diagnosis, complications, and management. While the book is strong in foundational and practical aspects, expanding the sections on newer therapeutic developments could enhance its relevance to contemporary practice. Overall, it remains a valuable and accessible reference for clinicians, educators, and students.

REFERENCES

1. Talwalkar, Pradeep G. *Practical Diabetes Mellitus*. 4th Enlarged Edition, 2012. Jaypee Brothers Medical Publishers – www.jaypeebrothers.com