

Obstructive Sleep Apnea in Adults: Relationship with Cardiovascular and Metabolic Disorders

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By: Alan Laurie; Published by S. Karger AG, Basel, Switzerland; 2011; Hard cover; Pages XVI + 272; Price: USD 195.00/CHF 167.00/EUR 139.00; ISBN 978-3-8055-9645-9 and e-ISBN 978-3-8055-9646-6.

"Obstructive Sleep Apnea in Adults: Relationship with Cardiovascular and Metabolic Disorders" by Alan Laurie is a comprehensive book that attempts to review the association between obstructive sleep apnoea (OSA) and cardiovascular and metabolic diseases. Clear and succinct descriptions of definition, clinical features and sequelae, diagnostic methods and treatment strategies pertaining to OSA in adults have been presented in separate chapters. Basic pathogenetic mechanisms by which OSA leads to the occurrence of cardiovascular and metabolic syndrome have been lucidly described. Issues regarding inflammation, oxidative stress, procoagulant and thrombotic activity, association of obesity, glucose metabolism, dyslipidemia, metabolic syndrome, liver injury and endothelial dysfunction and OSA have been appropriately and systematically addressed. Hemodynamic and autonomic changes as well as individual cardiovascular disorders associated with OSA have been described in the ensuing chapters. References have been generously made to relevant current international literature, guidelines of the American Sleep Disorders Association and other global societies.

Of particular interest is the structure of each chapter which makes it very readable. It begins with an abstract, which is followed by textual data. Essential information is summarised in tables,

illustrations and figures, which makes it extremely reader-friendly. Key points and take-home messages are outlined for easy assimilation of facts. Contemporary studies have been cited distinctly.

The quality of paper, the print as well as the size of the book are also attractive. All chapters are peer-reviewed and thoroughly readable. Undoubtedly, it is a book that would be of interest not only to the sleep specialist but also to the pulmonologist, cardiologist, internist, neurologist as well as the endocrinologist. The prevalence of obesity, metabolic and cardiovascular diseases in general and obstructive sleep apnea in particular is undergoing a gradual rise and so is the interest in these disorders. It is quite apparent that this book will soon be commonplace in several personal collections and libraries.

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