

## **Endocrinology of Aging, Clinical Aspects in Diagrams and Images**

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The great effort of making feasible a book such as **Endocrinology of Aging: Clinical Aspects in Diagrams and Images** is worthy of recognition and congratulations to the editor, Dr. E. Corpas, the associate editors, and the expert authors of the different topics covered.

The work exhibits **relevant properties and certain novel features**. The selected format of the book is composed of 20 chapters with comprehensive but summarized text as well as visual content that has been developed as full-color diagrams and graphic images. Thus, chapters are presented in a way that allows the reader to incorporate concepts and main facts regarding complex endocrine subjects in a visual way.

The **manner in which the contents were condensed** must be particularly highlighted. It makes the acquisition of knowledge very practical and effective, saving the reader the additional time required to read overly detailed information, as is found in conventional books. The **abbreviated and summarized format** presented in this work contains the principal information. This must be acknowledged as a merit because the provided content is very applicable to several health professional levels, making it suitable for a wide variety of readers. This is because the work includes the biological and pathophysiological bases on the **aging of the different endocrine and metabolic systems** as well as the clinical manifestations, diagnostic procedures, and therapeutic actions to be carried out **in elderly patients with endocrine diseases**. It is therefore very useful for all grades of medical action—students, practicing clinicians, and professors of medical science. In my opinion, this format composed of abbreviated, visual, and fundamental content gives the book maximum **practical value**.

The structure and format make this book **fully updatable** and provide it with significant **scientific value**. Chapters are divided according to specific endocrine and metabolic systems. These provide evidence-based content, including the fundamental bibliographic citations, regarding what is known about endocrine physiology and pathophysiology in relation to the aging process, paying special attention to manifestations of advanced age. In addition, with the collection of proven and fundamental content, a lasting value is added to the approaches, which would not happen if small details were handled. At present, a work that is not easily updated would not be acceptable in medicine due to the speed and frequency of changes in medical practice.

The book also meets another requirement, currently essential, of being **manageable and friendly to use**, either as a **print book** or in its digital option. It is noteworthy that the book is accessible by any of the digital systems available today such as computers or mobile phones. In addition, it may be practical, especially for medical educators, that the work has been hosted on a companion website that contains every chapter in the **form of PowerPoint slides**, following a similar format as the print or **electronic book**. These slides can be used as references and to present the information from the book to a specific audience.

In my opinion, this book represents a very important **contribution to the quality of the medical practice** attempting to fulfill the maximalist objective that this professional activity should have.

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