

Endocrinology of Aging, Clinical Aspects in Diagrams and Images

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Commentary

The endocrine system is constituted by multiple organs that are in constant cross-talking. The integrity of this system is pivotal to the maintenance of body function and homeostasis. Aging affects the endocrine system as a whole, although at a variable pace and impact. Besides, several diseases of the endocrine system show the typical features of aging. For example, diabetes mellitus has long been recognized as a cause of accelerated aging in various organs and systems. Another typical example is hypothyroidism, whose clinical manifestations mimic the distinctive features of the aging process. Interestingly, endocrine pathologies such as normocalcemic hyperparathyroidism are being reconsidered from an asymptomatic condition to a symptomatic one after recognizing that high parathyroid hormone levels in older persons affect their gait and balance, thus providing a completely new understanding of this condition.

In their excellent book, Corpas et al. have summarized the most current evidence on the aging process in the endocrine system and its clinical impact on older persons. Organized in short and beautifully illustrated chapters, the coauthors describe the typical characteristics of normal aging and disease of each of the endocrine system components. The evidence is well balanced and comprehensively reviewed and summarized. By providing practical tips, guidelines and diagnostic and therapeutic pathways, the authors facilitate translating the evidence into clinical practice. Those practical elements are beneficial not only to other specialists but also to general practitioners. In addition, the illustrations are very representative of the clinical findings of endocrine diseases, facilitating their identification in real life.

Reading this book was a delightful learning experience. I invite my colleagues from multiple disciplines and at any stage of their careers to use this book as your primary source of information in the field and as a teaching tool for your students and trainees. The field of Geriatric Medicine needs specialized books like this one. Our specialty is growing, and we are in constant need of sources of balanced and reliable evidence. Corpas et al. have outstandingly fulfilled this gap by presenting this exciting book.

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