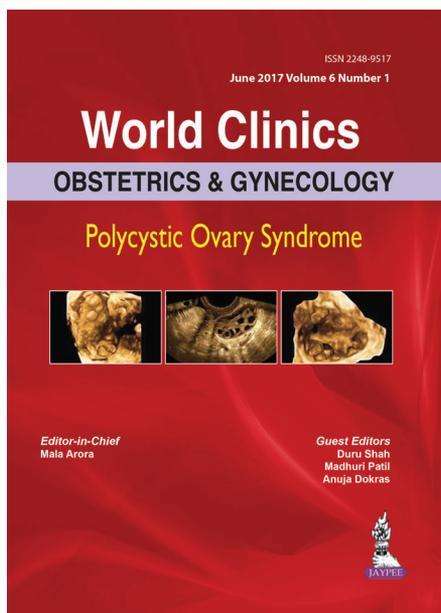


# Book Review



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## Principles and Practice of Fetal Medicine

World Clinics: Obstetrics & Gynecology

POLYCYSTIC OVARY SYNDROME

Editor: Dr Mala Arora

Review By: Dr. Kamini A. Rao

Obstetrics & Gynecology – PCOS Vol 6 No.1 is part of the World Clinics series. Other topics in the series include endometriosis, recurrent miscarriage, postpartum hemorrhage, preterm labor, preeclampsia, ovulation induction and peri menopausal health. World Clinics are periodicals of evidence based reviews which aim to enhance knowledge for application in clinical practice. More importantly it helps readers choose the best treatment options and overcome challenges in management of the disease.

PCOS in gynecological practice today, is one of the commonly encountered disorders with varied manifestations right from adolescence to pre menopause. This book provides the latest views on various aspects of PCOS brought together by an editorial team comprising international and national experts. Divided into 9 chapters, the book begins with a well explained pathophysiology, short term and long term health implications and their prevention and management, diagnosis of PCOS, menstrual abnormalities and obesity & metabolic syndrome. Apart from the pathophysiology, and menstrual abnormalities which is the bane of every treating doctor, the book covers advances in fertility treatment and pregnancy complications which is a high risk in these patients due to insulin resistance. The chapter on depression, anxiety and eating disorders by Anuja Dokras and Iris Lee is a very important inclusion given the rising trends of depression and mental health problems in the world today. With the origin of PCOS right from adolescence, an inclusion of clear cut diagnostic criteria in that particular group would have been a good addition. It would also have been helpful if the technique and indications for Laparoscopic ovarian drilling was a little more emphasized.

Written by practicing gynecologists and subject experts, the book definitely is a must have for all. The authors have ensured the use of a number of highly useful flow charts and explanatory tables so that the reader is presented with easy to grasp, well presented information which maximizes clarity and understanding. The book clearly outlines the problem of PCOS today, which has increased to epidemic proportions exacerbated by a rise in calorie dense nutrition and sedentary lifestyle. It updates the reader on the progress and the latest developments in the field so that they can offer their patients treatment options reflecting the achievements of evidence based medicine.

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