©Journal of Sports Science and Medicine (2007) **6,** 381
http://www.jssm.org

Book review

Optimizing Bone Mass and Strength: The Role of Physical Activity and Nutrition During Growth (Medicine & Sport Science, Vol 51)

Editors: R. M. Daly and M. A. Petit
Bibliographic Data: ISBN-10: 3805582757, ISBN-13: 978-3805582759; Karger Publishing, Basel, 2007, £85.64, 162 pages, hardcover
Subjects: Exercise and bone health, osteoporosis

DESCRIPTION: This volume describes and discusses the maturation of bone in children and adolescents. The focus is on the role of physical activity for optimizing this process.

PURPOSE: To provide an up to date review of the factors that influence the development of bone health during childhood and adolescence.

AUDIENCE: Exercise specialists, pediatricians, nutritionists, biomedical researchers, sports medics and any public health professional will find this book very helpful when dealing with optimizing bone development and/or maintaining bone health.

FEATURES: The featured subjects are: Osteoporosis: A Pediatric Concern?; The Biomechanical Basis of Bone Strength Development during Growth; The Effect of Exercise on Bone Mass and Structural Geometry during Growth; Evidence for an Interaction between Exercise and Nutrition for Improved Bone Health during Growth; Gene- Environment Interactions in the Skeletal Response to Nutrition and Exercise during Growth; The Effect of Energy Balance on Endocrine Function and Bone Health in Youth; Risk Factors for Fractures in Normally Active Children and Adolescents; Does Exercise during Growth Prevent Fractures in Later Life?; Lessons Learned from School-Based Skeletal Loading Intervention Trials: Put-ting Research into Practice.

ASSESMENT: The editors have assembled the 51st, volume of Medicine and Sports Science as a necessary reading for exercise specialists, pediatricians, nutritionists, and/or any public health professionals interested in understanding and improving the health of bone in children and adults. The book provides an excellent source of recent information on the subject.

Reviewed by: *Fadil Ozyener MD, PhD, Uludag University Medical School, Bursa, Turkey.*