

Book review

NUTRITION AND FITNESS (PART 1):

OBESITY, THE METABOLIC SYNDROME, CARDIOVASCULAR DISEASE, AND CANCER

Editor: Artemis P. Simopoulos

Bibliographic Data: ISBN: 3-8055-7944-6, S. Karger AG, 2005, 196 pages, \$207.25 (hardcover).

Subjects: Nutrition and physical activity in obesity, the metabolic syndrome, cardiovascular disease, and cancer.

DESCRIPTION: The proceedings of the Fifth International Conference on Nutrition and Fitness held in Athens, Greece, on June 91-2, 2004 are presented in the book as the first volume of the series. The objectives of the book are to review/discuss the latest information on nutrition and fitness by taking into consideration i) genetic endowment, ii) adaptation to the nutritional factors and the effect of various resources of energy on exercise and performance, iii) the epidemiology of obesity, iv) the relationship of nutrition and fitness to chronic diseases (cardiovascular diseases, syndrome X, obesity, osteoporosis, diabetes, cancer).

The book also discusses the classification system of obesity in several countries and compares the diets used in several regions/countries.

FEATURES: A common, uniform strategy and evidence-based approach to organizing and interpreting the literature is used in all chapters. This textbook is composed of three parts with subsections in three of them. The topics of the parts are: i) Obesity and Metabolic Syndrome, ii) Coronary Heart Disease and iii) Cancer.

In each specific chapter, an epidemiological picture has been systematically developed from the data available in prospective, retrospective, case-control, and cross-sectional studies. The tables and figures are numerous, helpful and very useful.

AUDIENCE: The book provides a very useful resource for researchers, physicians, nutritionists,

exercise physiologists, geneticists, dietitians, food scientists, public health worker and policy makers in government. The readers are going to discover that this is an excellent reference book.

ASSESSMENT: This book is almost a compulsory reading for anyone interested in cardiovascular system, nutrition, metabolism, social and preventive medicine, clinical nutrition, diabetics, genetics, obesity, public health, sports medicine and for those wishing to run comprehensive research in this and relevant areas. The fact that the contributors are leading international researchers in this field makes this book more welcome.

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