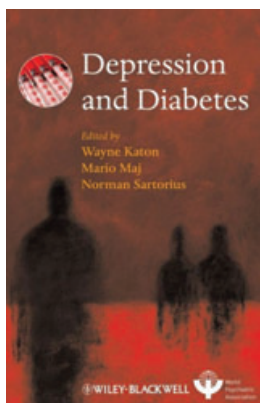
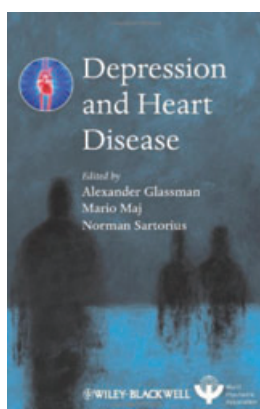


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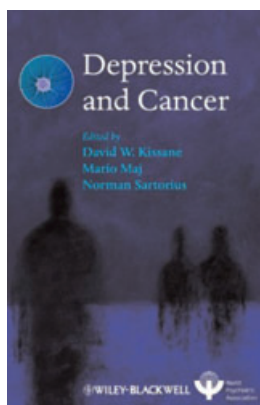
Depression and diabetes.

By Wayne Katon, Mario Maj, Norman Sartorius. Published by Wiley-Blackwell, Oxford, UK, 2009. 180pp., Paperback £27.99. ISBN: 9780470688380



Depression and heart disease.

By Alexander Glassman, Mario Maj, Norman Sartorius. Published by Wiley-Blackwell, Oxford, UK, 2009. 176pp., Paperback £29.99. ISBN: 9780470710579



Depression and cancer.

By David W. Kissane, Mario Maj, Norman Sartorius. Published by Wiley-Blackwell, Oxford, UK, 2009. 244pp., Paperback £29.99. ISBN: 9780470689660

Physician first – psychiatrist next

The president of the World Psychiatric Association Professor Mario Maj, MD and former president of the same organisation Professor Norman Sartorius, MD, both of them dedicated to education and dissemination of knowledge, have edited the three books *Depression and Diabetes*, *Depression and Heart Disease* and *Depression and Cancer* in collaboration with three pioneering experts Wayne Katon, Alexander Glassman and David W. Kissane, respectively.

Over 40 years, the psychiatric patient has not been accepted as a fully biological being. The still significantly increased mortality rates from all physical illnesses in all psychiatrically ill speak their silent embarrassing or accusing language, depending on whether it is spoken by psychiatry or by psychiatric patients.

However, we are now on the way giving back the soma to the psychiatrically ill. The tsunami of documentation of how bad the situation is has done its work, and we are beginning to repair the damages (1); just think of the cornerstone 'Handbook of medicine in psychiatry' by Peter Manu (2), reviewed in the March issue 2007 of *Acta Psychiatrica Scandinavica* (3).

The present miniseries, *Depression and Diabetes*, *Depression and Heart Disease* and *Depression and Cancer* is a unique initiative to make physical diseases visible in psychiatry and to support the treatment. The initiative is taken by the distinguished colleagues mentioned above from World Psychiatric Association in collaboration with Wiley-Blackwell.

The books are, more or less, following the classical structure: from epidemiology over pathogenesis and genetics to description of pathology ending up with treatment description and recommendations. The chapters are short, well written and easily read.

During my reading, I have wondered who the books are written for and ended up with a clear picture that they are written for all physicians working with psychiatric patients, especially of course psychiatrists. To this reviewer the books have two strengths: their thematic broadness and the practical approach. The chapters about how to act clinically are excellent, pragmatic and consequently written. The chapters 'Unravelling the pathogenesis of the depression-diabetes link' by Khalida Ismail, 'The association between depression and heart diseases: the role of biological mechanisms' by Palmiero Monteleone and 'Biology of depression and cytokines in cancer' by Dominique L. Musselman, Andrew H. Miller, Erica B. Royster and Marcia C. McNutt are indicators of a new optimistic era in causative research in the psychiatric diseases. Read by young researchers choosing their speciality they cannot fail to act positively in the recruitment of modern thinking physicians into psychiatry.

The books are handy, pocketbooks when they are best, measuring 12.5 × 19.7 cm they are indeed books for the pocket, having them with you on the bus and on the train they are read within a couple of weeks. They are not long, 180, 176 and 244 pages, respectively everything included, also the reference lists, cleverly selected – and in the never-ending discussion whether to organize the literature references after each chapter or collect at the end of the book, the editors chose rightly, after each chapter.

The quality of the books outnumbers many-fold the minor things to be criticized which can easily be changed in future editions, such as heterogeneity in the structure of the books and the structure of the chapters within the books and between

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the books. In the *Depression and diabetes* and in the *Depression and cancer* a chapter in each of them has somehow been glued on at the end: 'Depression and diabetes: sociodemographic and cultural aspects and public health implications' and 'Depression and cancer: the role of culture and social disparities'. In this reviewer's mind, they should be organized together with the epidemiology which, by the way, could easily be shortened for the benefit of the 'what to do' clinical chapters. Also a clear aim and purpose and who are the target groups should be appreciated. If the target groups are all of us, as is this reviewer's impression, it could be highlighted in the very first lines that these are pragmatic books for all physicians working in psychiatry.

Many chapters start by informing us that depression is a common disease, etc. And this reviewer's hobbyhorse: maybe it 1 day would be possible to persuade geneticists that they might experience being read outside the club and possibly also understood if they broke their self isolating shop lingo.

Please accept my apologies for these little critical details. The idea behind the series is excellent and the books are marvellous. After having read them no one will doubt that psychiatry is a

medical speciality (that psychiatrists must be physicians first, psychiatrists next, that psychiatry must be done by psychiatrists and psychiatry must be lead by psychiatrists.)

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3. MUNK-JØRGENSEN P. Book review of handbook of medicine in psychiatry (Manu P, Suarez RE, Barnett BJ, eds). *Acta Psychiatr Scand* 2007; **115**: 255.