by Francis Mark Mondimore, M.D., Johns Hopkins
University Press, Baltimore, Md., 2006, in Johns Hopkins
Press Health Book series, 304 pages, $45.00 (hardcover),
$18.95 (paper).

These 2 delightful volumes are written for patients and
relatives of patients, although their information also would
make them of interest to medical students and psychiatric
residents. There is considerable overlap in topics—both
have discussions of the brain and neurotransmitters, a re-
view of medications used to treat depression, a review
of psychotherapies used to treat these disorders, and a dis-
cussion of other treatments including ECT, transcranial
magnetic stimulation, and vagus nerve stimulation. Both
volumes include up-to-date information on newer antide-
pressants as well as other psychopharmacologic treatments,
such as neuroleptics and mood stabilizers. Also, each vol-
ume has a description of special circumstances (disorders
among children, adolescents, elderly, women, etc.).

Both volumes are liberally complemented with case
studies to illustrate particular points—for example, case
studies that describe different types of presentations or
comorbid conditions. The bipolar volume also has cases
on genetics and seasonal mood disorders, and both volumes
list resources for patients such as the Depression Bipolar
Support Alliance, and e-mail as well as street addresses and
phone numbers are included.

Unlike many volumes written for patients and families,
each volume is well indexed and the bipolar (but not the
major depression) volume has a list of pertinent journal ref-
cences for each chapter. There are sufficient graphics and
tables for the basic mechanisms of the disorders as well as
the agents used in treatment.

In an era of underdiagnosis and undertreatment of both
major depression and bipolar disorders, anything that would
increase public awareness of these conditions is helpful.
Such volumes, to be useful, should contain accurate infor-
mation, be current, and be comprehensive without present-
ting too much information. Dr. Mondimore has succeeded
on most of these points, although at times I thought the
volumes might be a bit too technical for many patients and
their families. However, given the choice of being too tech-
nical versus less inclusive, having more information is
probably better—if patients do not fully understand what
is presented, they can discuss these areas further with their
clinician.

Depression: The Mood Disease, 3rd ed.
by Francis Mark Mondimore, M.D., Johns Hopkins
University Press, Baltimore, Md., 2006, in Johns Hopkins
Press Health Book series, 224 pages, $45.00 (hardcover),
$19.95 (paper).

These are practical volumes for patients and their rela-
tives, and I will add them to my recommended reading list
for the patients I see.

Psychiatric Disorders and Diabetes Mellitus
edited by Maria D. Llorente and Julie E. Malphurs.
Informa Healthcare, Abingdon, United Kingdom, 2007,
249 pages, $94.95.

Now that the links between major psychiatric illnesses
and diabetes have been described through a substantial
amount of original research, it’s time for clinicians on both
sides of the street, mental health specialists, and anyone
who treats diabetes, to become familiar with this literature
and its implications for treatment. This book examines the
development, management, and prevention of diabetes mel-
litus in patients with psychiatric disorders.

Edited by 2 members of the Department of Psychiatry
and Behavioral Science at the University of Miami, this
collection of 13 chapters by 25 contributors (all but 2 from
the University of Miami) covers a broad range of topics, in-
cluding nutritional interventions, sexual dysfunctions, col-
laborative care, and psychosocial therapies. The first chap-
ter reviews the metabolism and pharmacology of diabetes.
Selecting two psychiatric illnesses for special attention,
Chapter 2 focuses on diabetes and schizophrenia and Chap-
ter 3 focuses on diabetes and depression.

This collection blends reviews of the research literature
in the chapters on cognitive impairment, psychosocial treat-
ments, and collaborative care with some clinically useful
recommendations in the chapters on HIV, exercise, sexual
dysfunction, and nutrition. The fascinating chapter on HIV
infection, diabetes, and psychiatric disorders describes this
underappreciated set of relationships and is bolstered by an
ample reference list. In the chapter on psychopharmacol-
ogy, the table on “psychotropic drug impact on diabetes”
will be useful to psychiatrists and diabetologists.

The absence of an introduction identifying the problem
and the audience to be addressed by this book leaves
the reader guessing about the context for this collection.
Though obesity is treated as a recurring theme in most
chapters, the other missing piece is a chapter focusing on
obesity and its relationship to psychiatric illness and dia-
etes. Aside from these minor shortcomings, this book pro-
vides a rich understanding of the complicated relationship
between diabetes and psychiatric illness and will be helpful
for any practitioner treating patients with these diseases.

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