

SISTEMUL ENDOCRIN AL VITAMINEI D, VOLUMUL I [THE ENDOCRINE SYSTEM OF VITAMIN D, VOLUME I]

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At the beginning of the century, Holick M.F stressed the need to investigate the rising incidence of vitamin D deficiency in the USA and Europe. In 2006 it was estimated that around one billion people worldwide suffered from vitamin D deficiency. In their recently published book, Prof. Dr. Doru Dejica and Valeria Dejica argue that, while the subject of vitamin D deficiency has seen many new developments, little attention has been given to it in Romania. With their new book, they hope to raise awareness regarding this important matter.

The author, Prof. Dr. Doru Dejica, is a well known scientist of Cluj-Napoca, a professor at the "Iuliu Hatieganu" University of Medicine and Pharmacy, and a senior consultant in internal medicine, gastroenterology and clinical immunology. He is the author of "Tratat de Imunologie Clinica, vol. 1 si 2" (1997, 1998) [Treatise of Clinical Immunology], "Stresul oxidativ in bolile interne" (2000) [Oxidative stress in internal diseases], "Antioxidanti si terapie antioxidanta" (2001) [Antioxidants and antioxidant therapy], and "Tratat de imunoterapie" (2006) [Treatise of Immunotherapy]. Together with his daughter, Dr. Valeria Dejica, who has followed in her father's footsteps and has several publications on osteoarthritis, he gives an exhaustive report on the link between vitamin D deficiency and certain diseases.

The volume is divided into fifteen chapters.

The first chapter contains a short history of the physiology of the endocrine system of vitamin D, starting with its discovery in the 1920s, when it was observed that

cod liver oil could cure rickets.

The second chapter draws the attention to vitamin D deficiency. A major issue is that due to the difficulties in identifying the persons which have a deficiency, it is hard to determine the true prevalence. After numerous studies, it has been estimated that 40-100% of elderly persons have vitamin D deficiency. The clinical manifestations are rare, nonspecific and they usually pass unnoticed. The therapy consists in sunlight exposure, artificial UVB and VD3 supplements.

The other chapters are dedicated to the pathogenetic and therapeutic implications of vitamin D in various diseases: rheumatologic, osteoarticular, metabolic, chronic inflammatory disease, cardiovascular, liver, dermatological, neurological, and endocrine.

The book is well documented and up to date, every chapter is followed by a rich and current bibliography. The writing is concise and has a logical flow.

Volume II is said to contain another group of diseases in which vitamin D has pathogenetic and therapeutic implications: allergies, malignancy, infectious diseases, psychiatric and more.

Reading this book will not only benefit those interested in immunopathology, but given its multidisciplinary approach of the subject, it can be useful to physicians practicing in all the medical fields.

Vlad Ichim