BOOK REVIEW

RE: “Obesity as a Common Denominator in Breast Cancer and Cardiovascular Disease”, authored by Katarzyna Rygiel – a book review”

Lucyna Bułaś*
Department of Pharmaceutical Technology, Medical University of Silesia (SUM), Katowice, Poland.

*Correspondence Author: Dr. Lucyna Bułaś, Faculty of Pharmacy with the Division of Laboratory Medicine, Medical University of Silesia (SUM), 3 Kasztanowa St., 41-200 Sosnowiec, Poland. E-mail: lbulas@sum.edu.pl

Received: 20th March 2019; Accepted: 5th April 2019; Published Online: 17th April 2019

I would like to thank you for sending me the book entitled: “Obesity as a Common Denominator in Breast Cancer and Cardiovascular Disease”, authored by Katarzyna Rygiel, MD, Ph.D. In my opinion, as a pharmacist and an academic teacher, this book presents an exceptional work, which is certainly needed for a daily work of medical professionals (not only doctors and nurses but also pharmacists). The author presents obesity as a chronic illness that is interconnected with breast cancer (BC) and cardiovascular disease (CVD) [1-3]. Step by step, she discusses the complex problems associated with obesity as a modifiable risk factor for BC and CVD [4-6].

The advantage of this book is a coherent collection of a wide range of relevant, updated information from the different areas of diagnosis and treatment of both BC and CVD. Furthermore, the benefits and disadvantages of particular therapies are clearly outlined. Also, it is valuable to emphasize the integration of medical team efforts that should be focused on the individual patient (including elderly women and those with comorbidities, who often use polytherapy and require ongoing safety monitoring). The book contains important conclusions, based on data from the published research trials [7,8]. In addition, the comprehensive diagnostic and therapeutic summary, presented in 31 well-designed tables, facilitates the rapid finding of the necessary data, relevant to oncology, cardiology, and the management of obesity. It is also very convenient for the reader that each chapter of the book contains a concise summary – “points to remember”.

The author strongly indicates the necessity of close cooperation of physicians of various specialties and other medical providers, such as pharmacists, nurses, psychologists, and rehabilitation therapists [8]. Since remarkable progress has been made in the treatment of BC (e.g., HER2-positive, and HR-positive or HR-negative BC), many physicians are challenged, as they need to stay abreast with the most recent advances in BC therapy. In this regard, the book helps to overcome this difficulty by practical integrating of modern knowledge “in one spot” (enriched by numerous references). Also, pointing out the fact that obesity, in addition to promoting BC aggressiveness, can be associated with a decrease in chemotherapy effects is an important message, conveyed to the teams taking care of such patients.

In addition, the book underscores the key role of stress management and the importance of strong motivation of patients with overweight and obesity to long-term changes in their lifestyle [9]. It has been highlighted that this motivation should be provided by the entire medical team, engaged in the patient’s therapy and rehabilitation process. In summary, the content of this book reinforces
the concept that for many BC patients and survivors, effective weight management, combined with recommended anti-cancer and cardiac therapies, is very helpful for improvement of the patient outcomes.

References


