distribution is described. It is well known that visceral adiposity, rather than overall adiposity, is the major risk factor for metabolic syndrome and T2DM. The authors reiterate that while physical inactivity is a risk factor for T2DM, the magnitude of risk conferred by high levels of body fat is more than that of low levels of physical activity. In other words, an obese physically active individual is at a higher risk of T2DM than normal-weight, physically inactive individual. The authors recommend physical activity of sufficient intensity and volume, to prevent “centralization” of body fat and therefore, reduce the risk of T2DM.

In chapter 9, the authors attempt to unravel the genetic basis behind the variable physiological responses to an equal bout of physical activity. The existence of such a gene-physical activity interaction, may be mediated through epigenetic mechanisms. These interactions may explain why sedentary behaviour appears to increase the risk of T2DM in certain individuals, but less so in others. Identifying these variants would help us tailor preventive and therapeutic exercise interventions to those most likely to benefit from it.

Chapters 10 to 12 discuss the role of physical activity in diabetes occurring in special groups, i.e., pregnant women, children and the elderly. While physical activity has been shown to be effective in improving glycaemic control in women with gestational diabetes, its efficacy in preventing the same has not yet been proven. In children, physical activity has been described as the best preventive measure not only for T2DM, but for obesity as well. The authors have also shared their experience of a real-world intervention study on children from New Zealand, in which a through-school nutritional and physical activity programme significantly reduced the prevalence of obesity and overweight and improved physical fitness. The ongoing Obesity Reduction and Awareness and Screening of Non-communicable Diseases through Group Education in Children and Adolescents (ORANGE) project in Chennai, India will probably tell us whether such an approach is feasible and effective in developing nations such as India. In chapter 12, the authors present evidence for the benefits of exercise in the elderly and provide recommendations for physical activity, taking into consideration the common co-morbidities in this population.

Chapter 13 presents recommendations for physical activity for prevention of T2DM from a public health perspective. Current recommendations state that all individuals perform at least 150 minutes of moderate intensity activity per week. The authors show that these recommendations are valid and effective in preventing T2DM and need to be implemented further, taking cultural and socio-economic factors into consideration.

In chapter 14, the effects of physical activity in type 1 diabetes mellitus (T1DM) are presented. The effects of exercise in T1DM are significantly different from those in T2DM. In addition to hypoglycaemia, these individuals with T1DM are prone to hyperglycaemia and even ketoacidosis; should exercise be initiated when blood glucose levels are high. Nevertheless, the authors reiterate that all individuals with T1DM be encouraged to perform regular exercise. They stress the importance of patient education, focusing on regular self-monitoring of glucose levels and frequent snacking during long bouts of exercise, as the main tool against glucose fluctuations in this situation.

Overall, this book provides a concise update on exercise physiology in diabetes. The pathophysiological and therapeutic aspects of this important topic are presented in detail with clearly labelled illustrations and Tables. Overall, this book is a welcome addition to the library of any student or researcher interested in exercise physiology and diabetes.

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Nutritional care of preterm infants: Scientific basis and practical guidelines, B. Koletzko, B. Poindexter, R. Uauy, editors (Karger, Basel, Switzerland) 2014. 314 pages. Price: USD 174.00 / CHF 148.00 / EUR 138.00
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With the increasing survival of preterm infants the concept of “neurological intact survival” rather than just ‘survival’ has become important. Along with initiation of advanced cardio-respiratory support, a physician caring for a preterm infant is met with day-to-day challenges in replicating the \textit{in utero} nutritional needs of these vulnerable preterm infants for optimal growth and neurodevelopment.

This book is a part of the 110\textsuperscript{th} volume of “World Review of Nutrition and Dietetics” series and has been written and edited by several world renowned neonatologists and nutrition specialists. The book
looks at the nutritional needs of the preterm infants, an area where much is still unclear.

The chapters are arranged in a logical sequence, starting with historical perspectives, defining the nutritional needs and looking at nutrition, growth and outcome of preterm infants. Subsequent chapters deal with each component of nutrition (water, carbohydrates, fats, proteins, vitamins & minerals, including trace elements) which has been discussed and elaborated citing recent references and trials. Conventional uses and newer insights regarding the use of several vitamins have also been discussed. The chapters on gut microbiota, necrotizing enterocolitis (NEC) and the role of pre- and probiotics have been written in a well balanced manner. This is important in this era where many neonatologists have started using probiotics without looking into this type and dose. Nutrition and its effect on the brain and lung has also been addressed and the various challenges met during growth faltering of preterm infants and postdischarge nutrition have been discussed. Of use for readers from India is the chapter on meeting the challenges of preterm nutrition in low resource settings. This chapter has addressed the common problem of lack of total parenteral nutrition, human milk and human milk fortifiers and has provided a pragmatic and practical approach which will be useful for practitioners in India.

What is useful is that each chapter is summarized at the end with a practical recommendation which will be appreciated by clinicians and students. There are also research suggestions in each area of preterm nutrition which can stimulate research in areas where evidence is lacking. However, in some of the chapters, the title does not provide the reader with an insight into its contents. Also the chapter, “Assessing the Evidence from Neonatal Nutrition Research” does not fit in well with the flow of the book.

In summary, this book provides a practical and comprehensive evidence-based review of nutritional care of preterm infants from the time of birth extending until early infancy and will be especially useful to practicing neonatologists, paediatricians and medical students.

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