

Book review: Mirna Šitum, Vedrana Bulat et. al. PSORIASIS

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Psoriasis is a relatively common chronic, immune-mediated systemic disorder which affects approximately 2% of the world population and 1.6% patients in Croatia. It is associated with an increased risk of obesity, diabetes, hypertension, inflammatory bowel disease, depression as well as psoriatic arthritis which affects up to 30% of patients with psoriasis.

The book *Psoriasis*, both a scientific monograph and a clinical handbook, written by academician Mirna Šitum, Vedrana Bulat et. al. is a valuable new textbook on this common systemic disease, the first of its kind written and published in Croatia. It is the first compendium of clinical features and treatment options in this particular field from a team of specialist contributors and editors with years of clinical experience.

The structure of the book is divided into 15 chapters covering pathogenesis, clinical features in children and adults, diagnosis, comorbidities and up-to-date information on management strategies of this common immunological disease. The authors emphasize the importance of a broad, multidisciplinary approach to the treatment of this disease which includes the fields of rheumatology, cardiology, endocrinology, gastroenterology and psychiatry. This book is particularly helpful for physicians who want an excellent source of vital information in a broad spectrum of topics encompassing etiopathogenesis, clinical features, diagnosis, and guidelines for management of psoriasis.

More than 70 high-quality clinical photographs and highly user-friendly tables illustrate all concepts described in the text, and provide a useful visual aid in understanding various forms of psoriasis and facilitate instant visual comprehension. This book utilizes all of the most recent scientific research in creating an authoritative model for the treatment of psoriasis and provides a comprehensive list of novel biological therapies, and appropriate laboratory tests and their interpretation. The correct treatment is paramount and requires significant dedicated work and constant monitoring in order to achieve best treatment results.

Three chapters extensively cover the psychological and psychosocial effects of this illness, which makes it valuable to both patients and their families in understanding the complexities of psoriasis and its profound effect on the overall quality of life.

One of the main goals of this handbook, besides providing useful, practical information on psoriasis, is to change the most common view of this disease as primarily a localized skin disorder to a broader perspective as a systemic inflammatory disease which requires significant collaborative work between different medical fields.

This book represents an indispensable contribution to contemporary scientific literature on psoriasis and will prove to be an invaluable source of material for medical professionals in helping them better understand this very complex systemic disease.

