Graves' Orbitopathy: A Multidisciplinary Approach

Wilmar M Wiersinga and George J Kabaly (eds)

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This concise and beautifully illustrated book is the first textbook from the European Group on Graves' Orbitopathy (EUGOGO) and it has certainly been worth the wait. The book, a softcover, mid-sized text, is divided into three sections: diagnosis and pathogenesis, management and miscellaneous issues. It knits together expertise from the 13 EUGOGO centres across eight European countries to summarize current thinking on Graves' orbitopathy (GO). The emphasis throughout on the multidisciplinary approach to managing this disfiguring and disabling condition reflects the philosophy of the EUGOGO: care is delivered to patients via clinics staffed by ophthalmologists and endocrinologists. These combined thyroid-eye clinics in which a patient is seen simultaneously by specialists from both disciplines are a requirement of EUGOGO membership.

The book is well-organized, logically presented and exceptionally well-referenced. It is a multi-author text; each chapter is the work of endocrinologists, ophthalmologists and scientists who have each contributed extensive original research in their respective areas of expertise. The question and answer format is designed to help clinicians caring for patients with GO to efficiently locate the information they need. This format also helps to maintain a cohesive style throughout the book. High-quality images illustrate many of the chapters, notably in the excellent opening treatise on clinical manifestations by Jane Dickinson and in the later chapters on imaging and surgical techniques.

Key elements of our current understanding of GO, including the concepts of disease severity and activity and the complex relationship between autoimmune thyroid disease and orbitopathy are covered with detailed references. Several themes recur throughout the book, such as the importance of smoking cessation in primary prevention and

prompt restoration of euthyroid status after radioiodine treatment to prevent progression of GO. Rather than appearing repetitious, these ideas are included in the context of each chapter, reinforcing their importance in patient management.

The closing chapter by Salvi and Baldeschi on future developments includes up-to-the-minute information on the role of monoclonal antibodies directed at specific immune pathways which may permit more targeted immunosuppressive treatment of GO in future. Antioxidant therapy, which has shown promise in recent studies as a potential treatment for inactive disease could perhaps have been included for completeness but it is mentioned in Salvi and Curró's earlier chapter on management of mild GO.

Although primarily of interest to endocrinologists and ophthalmologists with a subspecialty interest in orbital disease, the book would be a helpful and contemporary reference for general ophthalmologists, neurosurgeons, otorhinolaryngologists and maxillofacial surgeons, general physicians and radiologists. It integrates well-established concepts with the significant contributions made by the various EUGOGO members since the formation of this group less than a decade ago. This book would be a valuable addition to the reference libraries of physicians, surgeons and facilities involved in the care of patients with Graves' disease.

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