



## Book Review

**Mechanisms and manifestations of obesity in lung disease**, R.A. Johnston, B.T. Suratt, editors (Academic Press, London) 2019. 353 pages. Price: Not mentioned.

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The prevalence of obesity is increasing in epidemic proportion in all age groups including children, adolescents and adults. It is a global phenomenon and not restricted to a particular region or ethnicity. Obesity may lead to morbidities in almost all organ systems. Morbidities associated with obesity in relation to diabetes and the cardiovascular system are well documented, however, the ill effects of obesity on respiratory system are not very well defined. Obesity hypoventilation syndrome is a well-known respiratory morbidity. More recently, obesity is being recognized as either causal or responsible for modification in the course of illness for lung diseases such as obstructive sleep apnoea, pulmonary arterial hypertension, asthma, infections (viral/bacterial), emphysema and impaired pulmonary function test.

To understand the mechanisms responsible for the ill effects of obesity on airways and lungs, multiple research publications are available in literature. This multi-author book has compiled details of information on various aspects of obesity and lung health. The book

includes 13 chapters written by experts of various fields. Seven chapters discuss the basic aspects including adipose tissue metabolism and inflammation and complex interface between immunity and metabolism, apolipoproteins as regulators of lung inflammation, microbiome changes, mitochondrial dysfunction and obstructive lung disease and response to influenza vaccines. The other six chapters discuss the applied aspects of obesity and lung health including the effect of obesity on pulmonary function tests, obstructive lung diseases, asthma and acute respiratory distress syndrome.

The authors have done an extensive review on individual aspects of obesity and lung disease and provided updated evidence from literature. Each chapter is well written and easy to understand. Overall, the book is a good resource for researchers working on obesity and human health and respiratory specialists including paediatricians and adult pulmonologists.

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