

## RECENT PUBLICATIONS

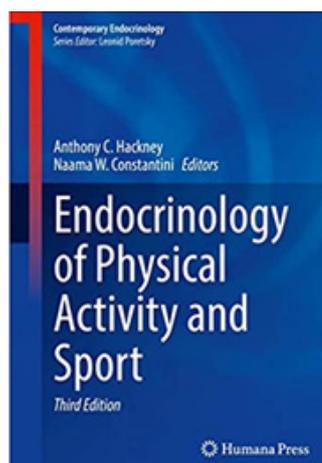
### Book reviews

#### **Endocrinology of Physical Activity and Sport. Third Edition**

*Editors: Anthony C. Hackney, Naama W. Constantini*

Publisher: Springer, 2020

597 pages; price: €166.39 (paper) / €128.89 (eBook)



After about 20 years from its first publication, at the end of last February, a third edition of the book initially entitled *Sports Endocrinology* was launched by Springer, this time both the two editors and the title being the same as on the occasion of the second appearance.

In their brief preface, the two editors mention that no more than five years have passed from the second edition to the current one. An unusually short period for two successive editions of such a voluminous scientific book in our opinion, which shows both the interest of the topic and the rapid knowledge accumulation in the field. The last reason represents in fact the plausible explanation that among others, the recently released book contains 40 extra pages and two more chapters than the precedent one; 30 instead of 28.

The very complex bidirectional relationship between exercise and the endocrine system has always been of constant scientific interest. However, this interest has dramatically increased over the last decades as a consequence of the steeply growing incidence of obesity and diabetes, along with more and more convincing evidence that regardless of how it is performed, exercise could be particularly helpful for the prevention and treatment of the respective epidemics.

It is sufficient to just have a look at this book's table

of contents to understand that the impressive team of no less than 44 contributors – illustrious international experts indeed – have addressed all the critical issues involved in understanding endocrinology and hormonal workings with respect to exercise and sport. And this not only regarding sport for health, but also professional sport, i.e. sport for performance and medals. So that we can undoubtedly say that we are facing a comprehensive encyclopedic text, an up-to-date synthesis of the essential endocrinology topics in the areas of sports medicine, kinesiology, and sports science.

That this work is a really exhaustive one is also proven by the fact that it contains chapters addressing the general aspects of the interrelation and interconditionality between exercise and the endocrine system, as well as chapters which refer to the situation when individuals make an effort of too high volume, intensity, and frequency in pursuing athletic performance. For that purpose, even aspects related to the so-called overtraining and overreaching are treated and clarified.

Otherwise, as expected, most of the topics contained in the previous edition are also present here. It is the case of the chapters dedicated to the effects of exercise on the hypothalamic-pituitary-adrenal axis, on the growth hormone-insulin-like growth factor-I axis, on thyroid function, on diabetes, and on the male and female reproductive systems. Other sections that are maintained are those addressing circadian endocrine physiology, the impact of exercise on the hormonal system of children and older adults, hormones, exercise and bone, or the interrelations between exercise and the immune and endocrine systems, etc. The brand new chapters of this edition present the endocrine implications of relative energy deficiency in sport (17), the role of hormones on exercise-induced muscle hypertrophy (21), metabolic syndrome, hormones, and exercise (29), and the effects of exercise and training on appetite-regulating hormones in obese individuals (30).

Considering the great complexity of the endocrine system itself, the fact that each of the endocrine structures and functions is not only involved in exercise, but is also acutely and chronically influenced by it, that the text presented this time represents the most complete and up-to-date compilation on the topic of “endocrinology of physical education and sport”, which is intended for so many current and future professionals in health/medicine and sport, we feel entitled to sustain, without any fear of mistake, that it represents a real editorial event in sports sciences.

**Gheorghe Dumitru**  
ghdumitru@yahoo.com

<https://doi.org/10.26659/pm3.2020.21.3.203>

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