

In therapeutic doses the clinical trials show 8% improvement in lumbar spine BMD at the end of 3 years as against bone loss at 2% per year in control group.

Six controlled trials compared the standard HRT with Tibolone in prevention of bone loss. The conclusion was Tibolone improves BMD significantly but there are no clinical trials available to back these findings.

#### Dose

2.5mg/day in women with established post-menopausal osteoporosis. It is rapidly absorbed and metabolized in liver and intestines. It is excreted in urine and faeces.

Nausea and breakthrough bleeding may occur in some patients. Breast tenderness and weight gain are not uncommon. Very rarely some androgenic effects are seen.

#### References

1. Menopause current concepts—Puandare, Khadilkar JAYPEE publishers 2004.

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## Book Review

The book "BASICS OF ARTHRITIS" written by *Dr. Manoj Kondoi* is in its second edition. The exercise to have a comprehensive handbook giving essentials in symptomatology, diagnosis and management has made this book very useful for students and practitioners.

The book covers almost all varieties of arthritis and section peeping in to recent treatment modalities for rheumatoid arthritis has made the book interesting. The chapter on rheumatological manifestation of HIV disease will be very useful in coming years.

The section of physiotherapy in the management with illustrations completes the book.

The annexure outlining how to go about examining and diagnosing the problems of joint pain summarizes the contents of the book.

One thing which could have been avoided is spelling and grammatical mistakes.

Author : *Dr. Manoj Kondoi*.

Published by : *The National Book Depot.*

Pages : 268 Price Rs : 250/-

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