

Dr. Goldman's Book Reviews

TESTOSTERONE

Action-Deficiency-Substitution

By

Eberhard Nieschlag

and

Hermann M. Behre

Cambridge University Press, 2004

This is a full-scale medical textbook on male hormone physiology. The authors are German and this English edition has been translated at Cambridge University Press. I have been unable to find any textbook as recently published or as extensively researched from any American medical publisher. This book does for male hormone physiology what the Speroff text does for female hormone physiology.

Considering what is now known about testosterone, other androgens and prostate health, there are serious questions about the appropriateness of using 5 alpha-reductase inhibitors in men with prostate disease. The Europeans are way ahead of the Americans in their views which are based on advances in the knowledge of androgen and androgen receptor physiology and the effects androgens have on male health.

Robert P. Goldman, M.D. February 2009