I feel privileged to write the foreword for the *Medicine Update (Volume 23, 2013)*. No treatise on Medicine can encapsulate and comprehend the fast changes and innovations in medicine. The Association of Physicians of India (API) in its wisdom has sowed the seed for updating the knowledge of practicing physicians by bringing out this prestigious volume, year-after-year as a ready-reckoner on the important issues which have emerged and provide an overview of the things to emerge in the near future.

This responsibility was entrusted to Dr A Muruganathan being the President Elect to plan a scintillating scientific program and bring out a book on its proceedings. He has succeeded in fulfilling this obligation admirably. The book has brought out guidelines on management of various medical disorders, which are pertinent to our country and where the guidelines were not available. He has incorporated chapters which present the features of various medical disorders in the Indian milieu. Woven well with this group of chapters, he has put adequate emphasis on the common tropical diseases. The emerging epidemic of lifestyle diseases has been very well highlighted by experts in their respective fields.

A section of the book deals with the setting up and managing medical practice vis-à-vis the Indian laws and social ethos. It will be a delight to listen to these topics by the delegates attending the meeting and carry the book to read at one’s convenience so that they can imbibe the messages definitively and after due thought and consideration put them into practice. Mahatma Gandhi has said, ‘An ounce of practice is worth more than tons of preaching.’ I am sure that this particular book will be on the desk of the doctors and students for years to come.

In this effort, he and his team of editorial board has very ably and successfully crafted the contents of the book, deserve our sincere thanks and appreciation for bringing out a ready-reckoner for day-to-day use in clinical practice to enable physician fraternity to deliver quality care to the patients.

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