

tance testing, the use of nevirapine in pregnancy, the lipodystrophy syndrome, and issues concerning coinfection of hepatitis C and HIV surely would have been included had they been available. The editors have anticipated the discovery of new information and have included a chapter on HIV-related Internet resources that will allow the rapid reference to the latest information for both physicians and persons living with HIV infection and AIDS.

This text would be a useful reference for family physicians caring for HIV-infected patients, particularly in residency programs and other teaching environments. Its comprehensive nature and high quality overcome the inherent limitations in writing about such a rapidly changing topic. The addition of the most current guidelines about antiretroviral therapy from the IAS-USA or the Department of Health and Human Services to *AIDS Therapy* would constitute a concise but complete reference source for care of HIV-infected patients.

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Primary Care: 20 Common Problems. Edited by Barry D. Weiss. 592 pp., illustrated. New York, McGraw-Hill, 1999. \$45 (paper). ISBN 0-07-069609-8.

Patients with undifferentiated complaints are among the most challenging problems faced by primary care physicians. The editor has attempted to address this area through the five most common reasons for visits to primary care clinicians in four different settings. The authors include distinguished family physicians and family medicine educators who offer succinct insight into 20 common problems.

This book is divided into six parts: major killers, respiratory problems, behavioral problems, aches and pains, other common problems, and prevention. An intriguing first chapter provides a review of cigarette smoking and its effects on patients' health. Other common problems include a review of hidden problems, including domestic violence, alcoholism, and literacy.

Regardless of the number of authors, the format for each chapter remains constant. Each chapter begins with an outline of several key components: the cause of the complaint, why the complaint is important, principal diagnoses and differential diagnosis, the typical symptoms and signs, history, physical examination, and ancillary tests. An algorithm directs the evaluation and treatment of the complaint, and a description of treatment strategies follows. An innovative component of each chapter includes education and family approach, common errors made by physicians when diagnosing the cause of these complaints, controversies associated with the topic, and emerging concepts. In addition to the algorithm, many of the chapters include figures and tables that consolidate material in an easily digested way.

Choosing effective strategies to approach an undifferentiated complaint is an ongoing challenge for providers at all levels of training. For that reason, students, resi-

dents, and practicing physicians would benefit from this book. Students involved in ambulatory family medicine clerkships, where these problems will certainly be encountered, would find this book especially useful. The consistent content, supplemented by the illustrations and tables, makes this book easy to review. Overall, this reference is a solid addition to the thoughtful physician's library.

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Anxiety and Depression: Your Questions Answered. By Cosmo Hallstrom and Nicola McClue. 214 pp. Edinburgh, Churchill Livingstone, 1998. \$19.95 (paper). ISBN 0-443-04939-4.

Anxiety and mood disorders rank as the most common psychiatric disorders. The incidence of major depression in primary care patients approaches 10%, with up to 30% of primary care patients having depressive symptoms. Approximately 16% of the general population has had an anxiety disorder, although the average patient might see up to 10 physicians, for example, before the symptoms of a panic disorder are correctly distinguished. The authors have recognized the degree to which these disease states are being managed at the primary care level and the need to create a dialogue between the psychiatrist and the primary care physician regarding the practical realities of diagnostic and therapeutic focus. They have designed the work to supplement the basic clinical knowledge of the general practitioner or family physician, trainee psychiatrist, psychologist, and other allied health professionals.

The text, designed in a simple question-and-answer format, is admittedly not a standard textbook on the subject. There are 11 discussion sections highlighting diagnosis, manifestations, and contributing factors; information as it applies to special population groups; pharmacotherapy, psychotherapy, complementary medicine treatment regimens; and issues related to suicide and general management. Typical questions include, What are the core symptoms of depression, and how are the physical symptoms of anxiety best treated? The chapters also feature several clinically useful anxiety and depression assessment scales (the Hospital Anxiety and Depression Scale, the Hamilton Depression Scale, and the Postnatal Depression Scale), a Mini-Mental Status examination, a sleep questionnaire, and charts of therapeutic profiles of common antidepressants.

Generally, the text is readable, although at times the discussions are somewhat basic; there are no specific reference citations to journals or other academic works, and only limited references to the *Diagnostic Manual of Mental Disorders-IV* classifications. The American reader might be frustrated by the natural inclination of the British authors to include locally available resources. For example, all future reading references (except one) are British publications; and useful addresses and telephone numbers for agencies or organizations dealing with the care of the depressed and the anxious are solely located in the United Kingdom. Additionally, several medications discussed are not available in the United States.