

faces when dealing with patients who have physical complaints with components that relate to stress, relationship problems, bereavement, or the emotional sequelae of chronic physical illness.

Many times these patients must be evaluated in a 10- to 15-minute visit, when it is incumbent on the physician to make the diagnosis, assess the potential for change, and use his or her skills to bring about that change or to refer to another provider, if appropriate.

This book is an excellent source of information for the primary care provider. It is organized the way an encounter would flow—interviewing, assessing the problem, and then developing a management plan. Chapters that follow take up such specific topics as family problems, using community resources, and mental health services. The mental health problems are then addressed—depression, anxiety, grief psychosis, schizophrenia, and bipolar affective disorder. The authors offer suggestions regarding emotional components of medical conditions and problems involving sleep, alcohol, the older patient, abuse, and sexuality.

There are many educational aids throughout the book, and several mnemonics are included for various conditions. The authors also include several tables of medications, equivalent doses, and common adverse effects for drugs prescribed for patients with mental health problems. At the end of each chapter, criteria are recommended for referral to a consultant and a list of reasonable expectations of the primary care provider.

As many of us realize as we practice, the more skilled we become with mental health problems, the better our care of the patient. Because we provide continuity of care for our patients and their families, we are in an ideal position to help in all aspects of their health care. Their mental health should be a major aspect of that care. Primary care providers would do well by reading this book and following the suggestions that are made.

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Neurology in Primary Care. By Joseph Friedman. 219 pp. Woburn, Mass, Butterworth-Heinemann, 1999. \$25 (paper). ISBN 0-7506-7036-3.

The goal of this pocket-sized reference book is to provide a framework for approaching common neurologic conditions in primary care settings. The author also hopes that those using this text will reduce inappropriate referrals to neurologists. These goals are extremely relevant to family physicians. This monograph, however, is weighted too heavily on the author's personal practice experience. References in the book are scant, making it appear to be based on expert opinion. The book is presented in a conversational style that is not succinct. In fact, the author states that he used a lecture to medical students as a basis for this book.

There are 12 chapters on common neurologic diagnoses in primary care, including headache, dizziness, gait disorders, transient ischemic attacks, and epilepsy. At the end of each chapter, a half-page of clinical pearls sum-

marize the most salient points of the chapter. Tables are simple and easy to read.

My recommendation would be to start by reading the clinical pearls and then refer to the text if the reader wants more information. Residents and medical students might find this text interesting, but my bias is that an overabundance of texts like this already exists; we do not need another. Although the information seems relevant to what family physicians see in their offices, it is impossible to assess its validity.

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Clinical Management of the Child and Teenager with Diabetes. Edited by Leslie Plotnick and Randi Henderson. 268 pp. Baltimore, Johns Hopkins University Press, 1998. \$24.95 (paper). ISBN 0-8018-5909-3.

The authors intend this text to be a practical, how-to book with a goal of providing the information that primary care clinicians need to treat children and adolescents with type 1 diabetes. The book is well written and well organized. It would be of interest to primary care physicians as well as other providers who care for patients with type 1 diabetes, including dietitians, mental health counselors, parents, and even older children with diabetes. Thirteen brief chapters provide the important aspects of well-child care, patient education, insulin and dietary management, complications, and psychological issues. Case studies are included throughout, and the appendix includes valuable assessment and medical record tools.

This volume would be worthwhile reading for any trainee or provider who cares for patients with type 1 diabetes. The appendices and guidelines would also be useful for any practitioner who would like to improve practice efficiency and quality-of-care provided to these patients.

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Gellis & Kagan's Current Pediatric Therapy. Volume 16. Edited by Frederick D. Burg, Julie R. Ingelfinger, Ellen R. Wald, and Richard A. Polin. 1298 pp. Philadelphia, WB Saunders, 1999. \$98. ISBN 0-7216-6998-0.

This book, which is in its 16th edition, has been a pediatric standard for more than 30 years. The title still carries the names of the original editors, but the reins have been passed to new editors. In the current edition of this multiauthored text, the number of contributors has increased from 445 to 521, and an impressive lineup of recognized authorities represent many areas of pediatric medicine. In addition, the size of the book has increased by more than 25%; the content has been rearranged to include additional sections on immunology, cancer, and dentistry; and diabetes and metabolism are separated from the endocrine section. Contributions from pediatric

surgical specialists and other subspecialty fields have also increased.

For the most part, the book is organized by body systems, with additional sections on accidents and emergencies and on adolescent medicine. Some sections with new authors have been completely revised, and others with the same authors have had major revisions. The chapter on the newborn has increased from 85 to 139 pages, and the section on human immunodeficiency virus infection has increased from 5 to 25 pages. Material is as up-to-date as one can expect from a textbook that addresses such current topics as the ipecac vs activated charcoal for acute poisoning, the essentials of the new Centers for Disease Control guidelines for the treatment of otitis media in an era of increased antibiotic resistance, storage of umbilical cord blood as a source of stem cells, newer antibiotics, and treatment of *Helicobacter pylori* in children. Each section has selected references, which, too, have been updated.

While the title says current therapy, discussions are narrative and instructive and are not limited strictly to treatment but include information on pathophysiology, disease processes, differential diagnosis, and some aspects of diagnostic evaluation. Styles vary somewhat with different authors, but readability and clinical relevance are generally good throughout. Contributors are allowed to share their personal views, such as with the discussion of infant colic. There is no formulary; and specific medications are listed in individual sections usually by their generic names. There is liberal use of charts and tables, particularly to list differential diagnoses, drug treatments, and other therapeutic modalities.

This book is not a substitute for a standard textbook of pediatrics, but it is a definitive work that addresses therapy for the entire range of pediatric problems. Although it is much too big to fit in a pocket or purse, it should be available as a reference wherever sick children are treated. For the busy practitioner who already owns the previous edition, there is sufficient revision in this edition to justify an updating.

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Women's Mental Health in Primary Care. By Kathryn J. Zerbe. 365 pp. Philadelphia, WB Saunders, 1999. \$39 (paper). ISBN 0-7216-7239-6.

The goal of this book is to increase the comfort of primary care clinicians when working with a wide array of common mental health issues in a busy medical practice. The book particularly focuses on mental health issues in women. In 14 chapters the author covers topics seen frequently by family physicians, such as anxiety disorders, depression, eating disorders, and insomnia. The chapters are readable and have a consistent format. Each chapter includes multiple journal references, guidelines, and annotated resources for both the patient and the clinician.

The main strength of the book is the detailed referenced information about aspects of mental health problems that are unique to women. Less helpful are the patient and clinician guidelines. The patient guidelines and resources would be appropriate only for a well-educated, psychologically sophisticated patient population. Although the guidelines for clinicians emphasize counseling, they do not provide sufficient detail to clinicians who are relative novices at it. The guidelines for clinicians appear to be most helpful for those clinicians who are already experienced and comfortable with counseling. Similarly, the clinician guidelines do not provide sufficient detail to be used as a source of information for prescribing psychotropic medications.

This book, therefore, is most useful to readers seeking a basic overview of common mental health issues in women. It will not be helpful for clinicians seeking specific detailed information about management of these problems, particularly with medications.

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Developmental-Behavioral Pediatrics. Third edition. Edited by Melvin D. Levine, William B. Carey, and Allen C. Crocker. 912 pp, illustrated. Philadelphia, WB Saunders, 1999. \$135. ISBN 0-7216-7154-3.

This is an excellent book. It could be the behavioral companion to the standard textbooks of pediatrics. Its wealth of information on the developmental and behavioral aspects of pediatric medicine is particularly useful. Although these issues arise frequently in clinical practice, they are often not covered in depth in most training programs and receive abbreviated coverage in the standard texts. Arranged clinically, the material is organized to facilitate quick access to specific topics.

The book is divided into eight parts that deal with four areas. The first area is concerned with the influences on behavior, such as age, milieu, and biology; the different ages of childhood; the effects of culture, ethnicity, major life events; and genetic and disease-related issues. The next area discusses outcomes of 30 specific clinical entities, such as recurrent pain syndromes, substance abuse, violence, eating disorders, school maladaptation, various developmental and behavioral disorders, and major psychiatric disturbances. Third is a useful discussion of many of the tools needed to function in this discipline, such as interview techniques and methods of screening, testing, and assessing children's development. Finally, there are interventions, such as counseling techniques and various therapies, including psychopharmacology, as well as tips on making referrals.

This multiauthored book is consistent in style and organization, but the readability and clinical orientation of the chapters vary, with some more theoretical than others. In general, the book design allows the clinician to refer to specific topics quickly and find useful management information. Boxes and bulleted points often summarize the role of the physician in specific management situations. The sections tend to be thorough, yet concise,