

should *never* precede or replace upper or lower barium studies of the GI tract"⁸²) appear more often than in most medical literature.

The final chapters deal with imaging in patients who have cancer and HIV and provide an ethical and utilitarian discussion of imaging in the patient with a poor prognosis.

While the author consistently advocates for a radiologic approach to diagnosis rather than invasive procedures, such as endoscopy, he is conservative in his approach to his own discipline. He commonly cites the limitations and wastes of resources involved in using the latest technology in place of more standard imaging. He challenges the reader to avoid knee-jerk diagnostic strategies and to take a logically and scientifically sound approach; he successfully supports his contention of a need for more care in ordering studies with numerous examples of erroneous test ordering. When taken in such a light, his treatise is provocative and well thought out. I found it less satisfying as a reference in specific clinical situations. The extensive tables of likely diagnoses are of limited use when the clinician is faced with a specific patient. Nonetheless, the underlying point, that one must consider the probability of a condition, however that might be estimated, in deciding on an imaging strategy, is driven home effectively.

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Norplant Guidelines for Family Planning Service Programs — A Problem-Solving Reference Manual. Edited by Noel McIntosh, Penelope Riseborough, and Chris Davis. 129 pp., illustrated. Baltimore, JHPIEGO Corporation, 1993. \$6 (paper). ISBN 0-929817-04-4.

I found *Norplant Guidelines* to be an excellent book for the use of the Norplant system of contraception. It is refreshing to find guidelines that are not published by the distributing pharmaceutical company. The editors are, in my opinion, excellent and well recognized as leaders in the field of contraception and population problems.

Most family physicians are inserting the Norplant rods, and many in my acquaintance have asked for better written guidelines. Consequently, this book will have great relevance for family physicians.

The book is very readable, perhaps even a bit too simplistic, but it is probably better to err in simplicity than to be too esoteric and therefore not helpful. The organization is quite clear, and individual areas can be found readily. If there is any weakness in the book, it might be with the illustrations. They could be more detailed, and the graphic generally could be stronger.

Of course, in any procedure-oriented material there will be differing opinions on execution. One would not have to go very far to find criticism of the recommended technique for insertion or removal. For instance, I find it difficult during removal to grasp the rods as the book recommends. The rod slips away from the jaws of the

instrument. I therefore grasp the enveloping tissue adjacent to the rod and with this tissue pull the rod to the incision and stabilize it there; with another instrument I open the sheath and remove the rod. Exact techniques for removal, however, will vary widely, and each operator will soon find what will work best.

This volume will be of interest and value to family physicians, nurse practitioners, and physician assistants, as well as obstetrician-gynecologists. It will also be helpful for the office staff, and some elements of the book can also be used for patient education.

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Planning for Uncertainty: A Guide to Living Wills and Other Advance Directives for Health Care. By David John Doukas and William Reichel. 147 pp. Baltimore, The Johns Hopkins University Press, 1993. \$13.95 (paper). ISBN 0-8018-4671-4.

This book, written for lay readers, is about advance directives that "promote individual freedom to stop therapies that are futile for the treatment of illness rather than encourage active euthanasia and suicide." The methods described are living wills, durable powers of attorney, and the values history. The authors are two US family physicians who have done an admirable job of putting together some cogent advice for persons planning their health care direction and for the health professionals who might be advising them, particularly family physicians.

Chapter I describes how the Patient Self-Determination Act, a 1991 US federal law, requires government-directed health service institutions to inform clients of their rights to accept or refuse treatment and to prepare advance directives. This discussion and repeated references in the book to a "durable power of attorney" are not directly applicable outside the United States. The rest of the book, however, has general applicability.

There are good presentations for the lay reader about several difficult issues: "Is stopping a therapy the same as never starting it?"; "benefits and burdens"; "what is futile therapy?"; "informed consent"; and "active and passive euthanasia." The discussion of paternalism is overly simplified and should not be accepted as a definitive statement (i.e., in not including that beneficence be combined with the provider's believing to know better than the receiver of care what is best — one suspects that the authors lean to Western democratic society's present trend toward autonomy-granting as the primary ethical value, although they do argue that the provider is not obliged to pursue futile treatment).

Very clear descriptions are presented for the non-professional reader about cardiopulmonary resuscitation, ventilators, dialysis, enteral and parenteral nutrition, intravenous medication and hydration, autopsy, and organ donation. Hospice care is nicely outlined.

The importance of involving one's personal physician as an advisor and as a potential implementor for advanced directives, but not as a proxy or sole decision maker, is good advice. Doing so, however, places the

responsibility on personal physicians to be prepared for such discussions. Much as any patient information reference prescribed by a physician, this book should be read by the prescriber before being recommended.

When family and patient have different values is tackled for the reader in a sensible and firm way. A familiar chord is struck with the reference to the relative, out of touch for some time, who arrives on the scene demanding that everything possible be done.

Generally the language of the book is well presented for lay readership. There is reference to a nationwide survey by one of the authors that has some jargon and is overfilled with percentages of this and that. It is a small bit of quantitative data excess, however, in an otherwise very readable volume.

The index is helpful, and the appendices provide the values history developed by one of the authors and examples of a durable power of attorney and a living will.

This is a helpful book for planning ahead. Health professionals, unfamiliar with any or all of these concepts, will find it a good place to start to learn about these essential issues.

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Modern Nutrition in Health and Disease, Volumes 1 and 2. 8th ed. Edited by Maurice E. Shils, James A. Olson, and Moshe Shike. 1885 pp., illustrated. Philadelphia, Lea & Febiger, 1994. \$135. ISBN 0-8121-1458-X (Set).

The editors intend this two-volume set "to serve as a major authoritative textbook and reference source in basic and clinical nutrition for students and practitioners in the various aspects of biomedical research and education, medicine, dentistry, osteopathy, dietetics, nursing, pharmacy, and public health." The text includes 98 chapters by 133 authors and a 183-page appendix providing reference data, recommendations, requirements, and tables of foods and nutrients.

This edition is divided into five major parts: specific dietary components, nutrition in integrated biologic systems, dietary and nutritional assessment of the individual, diet and nutrition in disease, and diet in the health of populations. Most chapters combine historical information, literature review, and expert opinion in a clear and interesting fashion. Family physicians would find the section on diet and nutrition in disease particularly useful. In these chapters, the authors discuss the strength of the evidence for many of our current recommendations regarding diet, enabling the reader to decide which dietary changes are worth emphasizing in patient care. In the final section there is a fascinating discussion of the food industry, its regulation, and its potential for preventing or promoting disease.

I believe that the editors have succeeded in meeting their stated objectives. This set, in combination with one of the several available handbooks on clinical nutrition, would serve as a sufficient nutrition library in most family practice settings. In addition, students

and teachers of nutrition would find this to be a valuable resource.

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Handbook of Sports Medicine: A Symptom-Oriented

Approach. Edited by Wade A. Lillegard and Karen S. Rucker. 298 pp., illustrated. Stoneham, MA, Butterworth-Heinemann, 1993. \$49.95. ISBN 1-56372-052-3.

Exercise and sports have become much more integral parts of society in the past 5 to 10 years, and there is a growing need for family physicians to have access to helpful information about the sports medicine concerns of their patients. The *Handbook of Sports Medicine*, edited by Lillegard and Rucker, is intended as a reference guide for family physicians, athletic trainers, and therapists in the evaluation and management of injuries and medical problems in athletes. The book is organized into three major sections: general considerations, injuries, and medical problems, with the injury section subdivided by specific body areas. The text is clearly written and well organized to cover the main points pertinent to the common injuries and medical problems that physicians will encounter in their practices. Because patients come to the physician's office with a symptom rather than a specific diagnosis, the authors have organized their discussions around these primary symptoms whenever possible. This starting point is helpful for anyone using this book as a reference, and the pertinent clinical findings, pathophysiology, and radiographic assessment of the various conditions are subsequently discussed.

Most chapters contain useful anatomic drawings and depictions of selected physical examination maneuvers, which complement the text nicely. Rehabilitation exercises are described throughout, but there are no drawings or pictures to supplement these descriptions. Although the evaluation and management of a number of fractures are discussed, there are very few fracture radiographs presented. Each chapter includes several references to guide the reader to further sources of information.

As is the case in many multiple-authored texts, the depth of content varies greatly from one chapter to the next. The chapter on cervical spine injuries in particular is quite detailed, whereas the description of some common shoulder injuries is more superficial than most family physicians would need from a reference text. Overall, the content is good, and the important features of evaluation and treatment of many conditions are included. The description of some injuries could be strengthened with more information about the history and mechanism of injury associated with the specific diagnosis. Compared with other sports medicine textbooks, this book provides a nice balance between discussion of sports-related injuries and medical problems.

Many family physicians are looking for the one ideal sports medicine textbook to include on their book-