

Book Reviews

Nelson Essentials of Pediatrics. Second edition.
Edited by Richard E. Behrman, and Robert M. Kliegman. 793 pp., illustrated. Philadelphia, W.B. Saunders, 1994. \$38.95 (paper). ISBN 0-7216-3775-2.

This excellent book provides, as stated in the title, the "essentials of pediatrics." The role for such a publication, in the words of the editors, is "to meet the special educational needs of the medical student and the starting house officer." In this regard this volume bridges the gap between the pocket-size resident's manual and a formal textbook (the same editors are responsible for the *Nelson Textbook of Pediatrics*). The strength of the book is the editing and the readability. Recognizing that it is impossible to read an entire textbook during a clinical rotation, the editors condensed the subject matter to focus on the more important problems and diseases, selected on the basis of clinical frequency and on educational importance when illustrating a basic disease process or pathophysiologic mechanism. The text is much more than an outline or a catalogue of diseases; rather it is a clearly presented narrative with a clinical orientation that within each chapter proceeds from general concepts to specific conditions, with an attempt to relate the features of the history and physical findings to the underlying physiologic processes.

Organizationally there are 19 chapters that cover many of the traditional clinical areas, including infectious disease, cardiology, neurology, and so on, plus a few more specialized areas, such as developmental and behavioral pediatrics and "the acutely ill child." There are numerous charts and tables that further help to summarize and condense a large body of information into a more digestible form. Within each section the many contributing authors have held to a relatively uniform style of presentation that for most conditions covers clinical manifestations, pathophysiology, diagnostic processes (including laboratory testing), and treatment. Individual sections are supplied with up-to-date references for more in-depth reading, including the corresponding section in the 14th edition of the *Nelson Textbook of Pediatrics*.

This publication is not intended to be a substitute for a more definitive textbook; it is limited in its coverage, by definition, and does not delve extensively into the discussion of treatments. A physician requiring a reference book would do better with a standard text, but for the student looking for a focused and readable alternative, this choice is excellent.

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Primary Care Sports Medicine. Douglas B. McKeag, David O. Hough, and Eric D. Zemper. 609 pp., illustrated. Dubuque, Iowa, Brown & Benchmark, 1993. \$120. ISBN 0-697-14841-6.

This textbook is one of the first comprehensive sports medicine references written for a primary care audi-

ence. The authors have extensive experience in sports medicine and have been leaders in the primary care sports medicine movement. They have intended this book to be a reference for practicing physicians and a useful study guide for those physicians in sports medicine fellowships or those preparing for the certificate of added qualification (CAQ) in sports medicine.

A family medicine perspective is applied to sports medicine with emphasis on prevention and rehabilitation. There are three main sections of the book: Basic and Behavioral Sports Medicine, Preventive Sports Medicine, and Clinical Sports Medicine. This textbook has a range of topics and includes such areas as exercise physiology, sports psychology, pre-participation screening, conditioning, exercise and chronic illness, and radiology. Acute and chronic common sports-related injuries and illness are covered in greater depth and are organized by organ system and anatomic area.

Overall, the style of writing is clear and readable, and the chapters are organized in a logical, defined manner. Practicing clinicians will find the information useful in their day-to-day management of sports-related injuries and illnesses. The coverage of certain topics is more extensive than a primary care physician might need, and some areas seem more geared to those who have a larger sports medicine practice. The information on nutrition, exercise, and sports epidemiology will be especially useful for team physicians.

Each chapter is extensively referenced to allow the reader more in-depth review on any particular topic, and useful appendices and charts summarizing information in the text photographs demonstrate various rehabilitation exercises. Relatively few radiographs are included. The only criticism of this textbook is that the standard format for each area in the clinical sports medicine section was used inconsistently. At times the style and subheadings in each chapter varied, and these different organizational schemes made it difficult to follow a logical progression from evaluation to treatment for an individual condition.

In summary, *Primary Care Sports Medicine* is a welcome addition to the growing number of sports medicine textbooks. This book has the advantage of being written by family physicians who have a broad and practical perspective in the care of those who exercise or participate in sports. This book will be useful to a wide audience ranging from medical students to physicians participating in sports medicine fellowships.

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