

Book Reviews

Saunders Manual of Medical Practice. Edited by Robert Rakel and illustrated by Jan Redden. 1247 pp., illustrated. Philadelphia, WB Saunders Company, 1996. \$95. ISBN 0-7216-5192-5.

In the fast pace of today's health care, it seems that each family physician needs a vast database reduced to easily accessible outlines for quick review. Fortunately, Robert Rakel has recognized this need and developed a resource manual that provides a convenient mechanism to accomplish this task. Unfortunately, this volume by virtue of its comprehensiveness will need to reside on the bookshelf rather than function as a handy pocket resource for house staff.

Addressing clinical conditions from asthma to zoster, the text takes us through each of the body systems, including sections on symptoms and commonly performed procedures, and finishes with appropriate disease states. To make this volume even more useful, the inside front and back covers contain an alphabetic list of diseases, ICD-9-CM codes and procedures, and CPT-4 codes for billing purposes. That most of the 414 authors are either family physicians or general internists ensures the information provided is both relevant and practical. Important areas, such as key symptoms, signs, tests, and treatment, are highlighted, and the chapters are rounded out with a bibliography containing recent and classic references to allow for further in-depth study.

Perhaps it could be said that, if stranded on a desert island, 9 out of 10 family physicians would prefer to have this book.

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Sports Medicine: The School-Age Athlete. Second Edition. Edited by Bruce Reider. 774 pp., illustrated. Philadelphia, WB Saunders, 1996. \$135. ISBN 0-7216-5673-0.

All family physicians can keep track of the seasons by our patient schedule. Summer is ending and school is starting when the sports physical examinations dominate our day. Unless one does not see children, it would be difficult to practice family medicine and not do sports physical examinations. Yet I am uncertain whether most family physicians would want to spend \$135 to have this book in their library.

The editor clearly states the book is written for clinicians who care for "the competitive young athlete." Although family physicians are included in the targeted audience for the book, the preface also notes the authors are mostly orthopedic surgeons. This bias is reflected in several areas in the book.

Lateral epicondylitis is a common problem that I see in the office almost weekly. The treatment discussion in the text rightly promotes such conservative mea-

asures as rest, ice, and nonsteroidal anti-inflammatory medication. The next section, however, discusses surgery as an indicated solution. The tables in this section list the use of injectable steroids to treat lateral epicondylitis. Given that the chapter author notes adults aged 20 to 30 years often require surgery, I think a discussion of steroid injection as a final treatment approach before surgery is indicated.

For many school-age athletes the most important discussions often do not involve the sport. The sports physical examination visit offers one of the few opportunities to discuss such issues as drug use and sexual activity and to review proper use of seat belts and helmets. The chapter on the preparticipation examination is system based and quite thorough, and it includes brief discussions of the lack of evidence-based recommendations for frequency of visits and the lack of any data to support routine laboratory screening, but no mention is made of exploring any preventive issues at this visit.

The organ system approach is further reflected in the discussion of systemic steroids. Four and one half pages are allotted to the basic pharmacology, side-effects, and use of steroids among teenage athletes. Yet only three paragraphs mention the ethics and counseling of steroid use. In dealing with the teenagers, these topics are more important than is the pharmacology of steroid use, which can be found in any drug reference.

Overall, if a family physician is a team physician or has a special emphasis on sports medicine, this text is worth its price. For the average family physician, however, the sections addressing sports participation physical examinations in a family medicine or pediatric text will suffice.

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Griffith's 5 Minute Clinical Consult—1996. Edited by Mark R. Dambro and Jo Griffith. 1260 pp. Baltimore, Williams & Wilkins, 1997. \$54.95. ISBN 0-683-20320-9.

Reference texts are available on any subject in medicine, but for primary care physicians, a reference dealing with the basics of a great many medical conditions and disease states is invaluable. Other helpful characteristics of a text that would serve busy family physicians well in their daily medical practice would be to have the information quickly accessible and easy to read. *Griffith's* is just such a reference.

This hardcover book contains approximately 584 expanded topics and 412 short topics, contributed by numerous authors, addressing the vast majority of medical problems the primary care physician will encounter. The topics are generally about specific medical conditions, not about a differential diagnosis of

various symptoms. In both sections of the book the topics are arranged alphabetically, from abortion, spontaneous, to Zollinger-Ellison syndrome in the expanded topics section, and from acanthosis nigricans to zygomycosis in the short topics section.

The text layout is unique and user-friendly and the information is concise. Each expanded topic is displayed on two side-by-side pages in a three-column format, and the subject matter under discussion is flagged in boldface type at the top of each page. The topics are subdivided into six sections—basics, diagnosis, treatment, medication, follow-up, and miscellaneous—with generally one section per column. The short topics are subdivided into description, synonyms, causes, and treatment. Usually three short topics are covered in each column, so that there are nine short topics per page. A medication index, with cross-references to topics where that drug is mentioned, and a topic index are included at the end of the book. Although there is an occasional table, there are no illustrations.

The reader will find pertinent information regarding commonly diagnosed problems, whether atrial fibrillation, failure to thrive, human immunodeficiency virus infection and acquired immunodeficiency syndrome, menorrhagia, pulmonary embolism, syncope, or teething. A great amount of information is provided for each topic, including description, signs and symptoms, causes, risk factors, laboratory tests, imaging, choice of medications, patient monitoring, prevention, prognosis, associated conditions, and age-related factors. All this information is displayed in outline format, truly providing a quick 5-minute consultation on the subject at hand.

This text would well serve practicing primary care physicians as an adjunct in the office setting either before, during, or after patient contact, especially when they encounter conditions they might not have seen recently. Residents and medical students would also greatly benefit by having this reference in their library.

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Arthritis in Black and White. *Second edition.* By Anne C. Brower and Donald J. Flemming. 428 pp, illustrated. Philadelphia, WB Saunders Company, 1997. \$79. ISBN 0-7216-5152-6.

Arthritis in Black and White achieves its goal of providing a small, practical book that aids in the accurate diagnosis of arthritic and systemic disease using radiography. The book, written in a clear and concise manner, is organized into two parts. The first half, which analyzes radiographic changes by joint, allows the physician with a knee radiograph, for example, to look at various radiographs of the knee and match it with the appropriate arthropathy. The second half of the book designates a chapter, including radiographic findings, to each of the following 14 diseases: rheumatoid arthritis, psoriatic arthritis, Reiter's disease, ankylosing spondylitis, osteoarthritis, neuropathic osteo-

arthropathy, diffuse idiopathic skeletal hyperostosis (DISH syndrome), gout, calcium pyrophosphate dihydrate crystal deposition disease (CPPD), hydroxyapatite deposition disease (HADD), miscellaneous deposition diseases, collagen vascular diseases, juvenile chronic arthritis, and hemophilia. This information allows the reader to look up the multiple bony changes found in a particular disease.

Arthritis in Black and White illustrates the hallmarks of arthropathies. For example, the metacarpal shaft of the second or third digit represents overall mineralization; the sum of the two cortices should equal one half the width of a normally mineralized digit. Rheumatoid arthritis can cause erosion and loss of joint spaces uniformly throughout the wrist carpal compartments. Pencil-in-cup erosive changes of the interphalangeal joints can be seen in psoriatic arthritis. A Lisfranc fracture-dislocation is an often unsensed separation at the tarsometatarsal joint in diabetic patients with neuropathic osteoarthropathy. In osteoarthritis there is preferential loss of the medial tibiofemoral compartment of the knee. In septic hip arthritis there is loss of the smooth white cortical line. With chronic rotator cuff tear, the humeral head approaches the acromion and is less than 7 mm. A syndesmophyte is a vertical ossification of Sharpey's fibers bridging two adjacent vertebral bodies; it is the hallmark of ankylosing spondylitis.

The authors have compiled more than 400 plain film radiographs, which are printed with excellent resolution. Many radiographs are labeled with arrows. Some of the other radiographs could use additional arrows to demarcate findings described in the text. The book does not address physical examination or treatment of arthritis. While the book is designed for general radiologists, family physicians, internists, and rheumatologists to use in day-to-day practice, not all physicians read radiographs to this extent. I recommend this book to family physicians who read their own radiographs, have a large geriatric population, or have a special interest in the arthropathies or radiology. It is a well-done reference on the black and white radiographs of arthritic disease.

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Foundations of Nutritional Medicine: A Sourcebook of Clinical Research. By Melvyn R. Werbach. 328 pp. Turzana, Calif, Third Line Press, 1997. \$49.95. ISBN 0-9618550-6-1.

The author compiled this interesting desktop reference to "assist health practitioners in integrating nutritional medicine into their practices." It is designed to serve as a companion to his previous volumes on the influences of nutritional factors on specific disorders.

The first chapter lists symptoms that could be caused by a nutritional deficiency or excess and the possible specific nutrients relevant to each symptom. The second chapter provides abstracts of studies selected to describe which populations might be at risk