
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 summarize 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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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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