

tance testing, the use of nevirapine in pregnancy, the lipodystrophy syndrome, and issues concerning coinfection of hepatitis C and HIV surely would have been included had they been available. The editors have anticipated the discovery of new information and have included a chapter on HIV-related Internet resources that will allow the rapid reference to the latest information for both physicians and persons living with HIV infection and AIDS.

This text would be a useful reference for family physicians caring for HIV-infected patients, particularly in residency programs and other teaching environments. Its comprehensive nature and high quality overcome the inherent limitations in writing about such a rapidly changing topic. The addition of the most current guidelines about antiretroviral therapy from the IAS-USA or the Department of Health and Human Services to *AIDS Therapy* would constitute a concise but complete reference source for care of HIV-infected patients.

Kevin Carmichael, MD  
El Rio Special Immunology  
Tucson, Ariz

**Primary Care: 20 Common Problems.** Edited by Barry D. Weiss. 592 pp., illustrated. New York, McGraw-Hill, 1999. \$45 (paper). ISBN 0-07-069609-8.

Patients with undifferentiated complaints are among the most challenging problems faced by primary care physicians. The editor has attempted to address this area through the five most common reasons for visits to primary care clinicians in four different settings. The authors include distinguished family physicians and family medicine educators who offer succinct insight into 20 common problems.

This book is divided into six parts: major killers, respiratory problems, behavioral problems, aches and pains, other common problems, and prevention. An intriguing first chapter provides a review of cigarette smoking and its effects on patients' health. Other common problems include a review of hidden problems, including domestic violence, alcoholism, and literacy.

Regardless of the number of authors, the format for each chapter remains constant. Each chapter begins with an outline of several key components: the cause of the complaint, why the complaint is important, principal diagnoses and differential diagnosis, the typical symptoms and signs, history, physical examination, and ancillary tests. An algorithm directs the evaluation and treatment of the complaint, and a description of treatment strategies follows. An innovative component of each chapter includes education and family approach, common errors made by physicians when diagnosing the cause of these complaints, controversies associated with the topic, and emerging concepts. In addition to the algorithm, many of the chapters include figures and tables that consolidate material in an easily digested way.

Choosing effective strategies to approach an undifferentiated complaint is an ongoing challenge for providers at all levels of training. For that reason, students, resi-

dents, and practicing physicians would benefit from this book. Students involved in ambulatory family medicine clerkships, where these problems will certainly be encountered, would find this book especially useful. The consistent content, supplemented by the illustrations and tables, makes this book easy to review. Overall, this reference is a solid addition to the thoughtful physician's library.

Scott Fields, MD  
Oregon Health Sciences University  
Portland, Ore.

**Anxiety and Depression: Your Questions Answered.** By Cosmo Hallstrom and Nicola McClue. 214 pp. Edinburgh, Churchill Livingstone, 1998. \$19.95 (paper). ISBN 0-443-04939-4.

Anxiety and mood disorders rank as the most common psychiatric disorders. The incidence of major depression in primary care patients approaches 10%, with up to 30% of primary care patients having depressive symptoms. Approximately 16% of the general population has had an anxiety disorder, although the average patient might see up to 10 physicians, for example, before the symptoms of a panic disorder are correctly distinguished. The authors have recognized the degree to which these disease states are being managed at the primary care level and the need to create a dialogue between the psychiatrist and the primary care physician regarding the practical realities of diagnostic and therapeutic focus. They have designed the work to supplement the basic clinical knowledge of the general practitioner or family physician, trainee psychiatrist, psychologist, and other allied health professionals.

The text, designed in a simple question-and-answer format, is admittedly not a standard textbook on the subject. There are 11 discussion sections highlighting diagnosis, manifestations, and contributing factors; information as it applies to special population groups; pharmacotherapy, psychotherapy, complementary medicine treatment regimens; and issues related to suicide and general management. Typical questions include, What are the core symptoms of depression, and how are the physical symptoms of anxiety best treated? The chapters also feature several clinically useful anxiety and depression assessment scales (the Hospital Anxiety and Depression Scale, the Hamilton Depression Scale, and the Postnatal Depression Scale), a Mini-Mental Status examination, a sleep questionnaire, and charts of therapeutic profiles of common antidepressants.

Generally, the text is readable, although at times the discussions are somewhat basic; there are no specific reference citations to journals or other academic works, and only limited references to the *Diagnostic Manual of Mental Disorders-IV* classifications. The American reader might be frustrated by the natural inclination of the British authors to include locally available resources. For example, all future reading references (except one) are British publications; and useful addresses and telephone numbers for agencies or organizations dealing with the care of the depressed and the anxious are solely located in the United Kingdom. Additionally, several medications discussed are not available in the United States.

The book must be viewed as a supplementary reading for the practicing family physician, and it might actually be more useful to the resident in training or allied health worker. Patients might find this text quite interesting. Given the lack of specific references, especially texts that would be available in the United States, and the listing of specific agencies that are all located in Great Britain, it is difficult to recommend this book as a necessary addition to the physician's library. The work would be more inviting with adjustments or adaptations made for use in this country.

Kathryn M. Larsen, MD  
University of California, Irvine  
Orange, Calif

**Fundamentals of Orthopedics.** By Mark Brinker and Mark Miller. 390 pp., illustrated. Philadelphia, WB Saunders, 1999. \$49 (paper). ISBN 0-7216-6698-1.

This softcover book was written by 2 orthopedic surgeons who attempt to provide general information about orthopedic conditions. They set out to accomplish two goals with this book: (1) provide a reference that will "serve as a blueprint for treatment and a guideline for referral;" and (2) provide a book that can be "read cover to cover, educating the novice on the fundamentals of orthopedic knowledge." The authors state in the preface that at times they struggled with providing practical information while "making sure that every detail is clear to even the most junior student." Unfortunately, the authors have not provided a practical reference text that is sufficiently detailed for practicing family physicians to use as a reference. This text is essentially an overview of many orthopedic conditions and is appropriate for medical students.

The book chapters are organized by anatomic regions. There are additional chapters on basic sciences, anatomy, general principles of fractures, medical considerations, and orthopedic devices. The authors use an outline format and many tables summarizing various conditions. The anatomic line drawings, radiograph examples, and photographs of physical examination maneuvers are excellent, the best feature of the book.

The information is presented in a descriptive rather than practical manner, as the amount of detail varies. For certain conditions the cause, symptoms, and treatment options are well delineated; for others only a few facts and features are listed. This textbook contains a great deal of good information; unfortunately, it is contained in lists that lack cohesion or enough depth to help the family physician manage the condition or appropriately refer. There is a serious lack of discussion of rehabilitation exercises, particularly those that can be given to the patient in the office, and there seems to be an overreliance on physical therapy.

The authors might have been more successful had they narrowed their intended audience. They included medical students and 12 different specialties and allied health fields they think might benefit from this book.

Any book that attempts to reach such a broad audience often falls short in providing enough practical information for the practicing family physician.

M. Patrice Eiff, MD  
Oregon Health Sciences University  
Portland, Ore

**Cardiology: Clinical Medicine Series.** Edited by Sergio Dalla Volta, Antonio Bayes de Luna, Mireille Brochier, Franz Dienstl, Blastimil Jezek, Svend Aage Mortensen, and Phillip A. Poole-Wilson. 834 pp., illustrated. Berkshire, England, McGraw-Hill International, 1999. \$75 (paper). ISBN 007-709518-9.

Cardiovascular disease is among the most common medical ailments a family physician encounters on a daily basis. A reference book on this subject would be most useful in a family physician's medical library. This text is a lengthy, yet easy-to-read, up-to-date paperback compendium of subjects in the field of cardiology today.

The book comprises 12 sections for a total of 81 chapters. More than 125 authors from around the world contributed to the book. The pages are in double-column format. The subheadings are well delineated in bold blue print. Numerous tables and figures highlighting the topics abound throughout the text. Suggested reading is included at the end of each chapter.

The broad sections include cardiology basics, clinical evaluation and testing, rhythm disorders, hypertension, coronary artery disease, valvular disease, heart failure, myocardial and pericardial disease, diseases of the great and peripheral vessels, congenital heart disease, lung disease as it relates to the heart, and finally a section on cardiology issues in special patients groups, such as athletes, pregnant women, and those undergoing anesthesia.

The individual chapters address an exhaustive array of material. Many start with a section on key points summarizing the most salient concepts in that particular chapter. Where appropriate and as subject matter allows, the chapters follow a similar format, starting with epidemiology, pathophysiology, signs and symptoms, laboratory findings, imaging studies, and treatments.

An 8-page color atlas is included, which shows some Doppler and perfusion cardiac images as well as several microscopic and macroscopic views of some cardiac diseases. A detailed index is also included.

This text is a complete reference on cardiology issues. It is well organized and easy to read, and it could be used by medical students, residents, and practicing physicians. It provides a lot of detail, which is the norm for single-subject reference texts. From a practical standpoint, many practicing physicians might find that they would be able to obtain the information they need on cardiovascular disease from a general medical reference text. For those who like detail and have a special interest in cardiovascular disease, this text would serve them well.

Ralph W. Dickson, MD  
McSherrystown Family Practice  
McSherrystown, Penn