

and nutrition-associated diseases. There are practical guides to identifying parasites, insects, mosquitoes, nematodes, and arachnids; tables describing vaccines for travelers and the expected duration of protection; and a variety of helpful hematologic values such as the prevalence of anemia by geographic region and age-sex category. The 204-page appendix includes a section on radiology and imaging services in the tropics as well as basic laboratory diagnostic procedures for the clinician working in remote areas.

Although this book is also intended for the primary care worker, much of the material might be too detailed. It would be preferable to have a text specifically oriented to those providers who are the backbone of health care in many developing countries. In view of the global increase of the aging population, a section on geriatrics would strengthen the text. The chapter on surgery and obstetrics could be improved by providing more information on dealing with emergencies, and a quick reference of country-specific disease prevalence would be useful to the busy physician.

Manson's textbook is especially suited to physicians who provide health care to recent immigrant populations or travelers and to physicians or medical students planning to practice or train in tropical countries. Its price is relatively modest considering its voluminous coverage and superb handling of the subject matter of tropical medicine. Although this book is not likely to find its way to the bookshelf of every family physician, it is an invaluable resource and should be available in an easily accessed reference library.

Vincent R. Hunt, MD

Steven M. Opal, MD

Brown University Memorial Hospital
Providence, RI

Cardiac Drug Therapy, Fourth Edition. By M. Gabriel Khan. 426 pp., illustrated. Philadelphia, WB Saunders, 1995. \$39 (paper). ISBN 0-7020-1996-8.

The title is straightforward, and the text delivers what it promises. Printed in a compact and economical handbook form, this useful reference serves as a single source for a variety of types of information related to medical management of a variety of adult cardiac diseases. It would not only prove useful to the practicing internist or family physician but would also be a welcome resource on the telemetry and cardiac care areas of the hospital.

The 15 chapters take on two major and two minor themes. Chapters 1 through 4 and chapter 13 review specific classes of cardiac drugs. Mechanisms of action, dosage, indications and contraindications, and precautions are discussed. Where the book contributes to an understanding of specific pharmacology, pathophysiology is also reviewed. Chapters 5 through 12 deal with the management of specific disease entities in cardiology—from hypertension and hyperlipidemia, to ischemia and infection, to disorders of rhythm and func-

tion. Whereas drug therapy is the emphasis of the text, decision points and indicators for diagnostic evaluations and other therapeutic modalities are appropriately included. The final two chapters review cardiac drugs in pregnancy and lactation and the effects of drug interactions.

This book is written to be used by most of the English-speaking world. This lofty objective certainly intersects some interesting perspectives; it also creates some potential problems. As we are all aware, considerable regional differences in practice are not uncommon. When spanning oceans and borders, practice differences are also encountered. Specific examples of variance include recommendations for management of unstable angina. The author discusses studies of the use of heparin in this condition, but no recommendation is made. Throughout most of the United States, such treatment with heparin is considered dogma. In general terms the Canadian and British experience with nationalized health systems is evident: costs are not directly discussed, but the recommendations reflect their consideration, and invasive diagnostic tests and therapies are recommended mostly as a final resort. The use of international trade names and inclusion of medications not available in the United States might confuse the American user.

The text is clear, readable, well organized, and supported by charts, algorithms, and tables that contribute to our understanding. It will be valuable in assisting in day-to-day patient management decisions.

Michael Maples, MD
Yakima, Wash

Health Promotion and Disease Prevention in Clinical Practice. Edited by Steven H. Woolf, Steven Jonas, and Robert S. Lawrence. 618 pp., illustrated. Baltimore, Williams & Wilkins, 1996. \$35 (paper). ISBN 0-683-09270-7.

Health promotion and disease prevention are logical public health strategies but have not been a part of the national health policy until recent years. Certainly it is more effective, from both societal and personal perspectives, to prevent diseases or detect them early in their natural history than to bear the tremendous costs for treatment of chronic disease and for intensive care for late-stage conditions. The paradigm shift precipitated by managed care also calls for the physician to embrace and provide health promotion procedures and counseling within his or her practice. *Health Promotion and Disease Prevention in Clinical Practice* offers a timely and critical reference for the clinician. It reminds us of the need to provide health promotion amidst practices of medicine that often seem episodic and discontinuous.

This extremely well-written text is divided into three major sections. The first section discusses gathering information about risk factors during the history and physical and laboratory examinations. Included are particularly practical offerings such as how to ask