

# BOOKS / BOEKE

## Microbial and Parasitic Infection

7th ed. By B. I. Duerden, T. M. S. Reid and J. M. Jewsbury. Pp. 409 plus appendices and index. London: Edward Arnold. 1993. ISBN 0-340-56018-5.

This book is an extensively revised version of *A Short Textbook of Medical Microbiology*. It is intended primarily for medical students but is also aimed at paramedical workers and trainee medical microbiologists, and to serve as an update for medical practitioners.

As the new title implies, the emphasis is on the effects of micro-organisms on human hosts and not on the practical aspects of medical microbiology. The book is divided into three parts entitled: 'Microbes, worms and humans', 'Organisms that infect humans', and 'Infections and humans'. This updated edition includes new information on AIDS, hepatitis C and E, *Helicobacter pylori*, *Cryptosporidium* and new developments in the field of vaccines such as the *Haemophilus influenzae* type b vaccine, anti-microbial agents and the development of antibiotic resistance.

Excellent information is provided for medical practitioners on clinically orientated microbiology and infectious diseases. Although descriptions of main clinical features and treatment are given, finer details such as doses and duration of treatment or the features of specialised clinical examinations fall outside the scope of this book.

Its use as a textbook is mainly directed at British students of medical microbiology in South Africa. The section on parasitology is well written but information on drug-resistant malaria and clinical and diagnostic features of schistosomiasis is deficient, as is the emphasis on bacterial, viral and fungal diseases highly prevalent in southern Africa. The immunology section is very good and covers most of the details traditionally given by South African medical schools.

Although HIV infection is covered, its interaction with tuberculosis is not discussed, neither is the problem of multiple drug resistance in *Mycobacterium tuberculosis*.

In conclusion, this book, although it does not meet all

the criteria for an ideal textbook for South African medical students, would prove to be useful to them and to medical practitioners who wish to keep abreast with developments in medical microbiology and infectious diseases.

**H. J. KOORNHOF**

## ABC of Sleep Disorders

Ed. by Colin M. Shapiro. Pp. ix + 90. Illustrated. £15. London: BMJ. 1993. ISBN 0-7279-0794-8.

Surely one of the most ignored and underdiagnosed areas in current medical practice is that of sleep disorders. This has been partly due to the very recent emergence of this discipline, and to the difficulty in obtaining a concise guide to its diagnosis and management.

At last there is no longer an excuse for ignorance. In this concise, eminently readable and delightfully illustrated volume, Professor Shapiro and his collaborators have done exactly what the title suggests: given us a primer of sleep disorders. While it does not contain in-depth detail of sleep physiology, or even of the sleep disorders, it covers a wide range of topics in a very readable and accessible way.

Tables of useful information highlight key points, such as 'Questions for the partner who shares the bedroom', and the Epworth Sleepiness Scale.

The book is wide-ranging, covering topics such as shift-work, nocturnal asthma, the immune system and sleep problems in medical illness, dreams, bed-wetting, the effects of drugs — both prescription and recreational — legal aspects, and more expected topics such as narcolepsy, sleep apnoea and insomnia.

By no means detailed enough for the sleep expert, the book should nevertheless be required reading for anyone who is faced with sleep disorders of whatever type in his everyday practice. It deserves a place on the bookshelves of every general practitioner, medical student, indeed every clinician.

**K. D. ROSMAN**

## Books

If you would like to obtain a book reviewed in this journal, order it through MASA Publications. Prices quoted in the reviews are subject to change. Contact:

The Book Manager, Private Bag X1, Pinelands 7430, Ph: (02823) 3205, Fax: (021) 531-4126

**BOOKS / BOEKE**

**ABC of Child Abuse**

2nd ed. Ed by Roy Meadows. London: BMJ 1993.

ABC of Child Abuse was first printed in 1989; a second impression was released in 1991, followed by this edition two years later. This represents the growing interest and the rapidly expanding knowledge in the field of child abuse.

This book is a valuable contribution to child-abuse literature, giving a comprehensive overview of the field in a clear, readable fashion. The sensible layout makes it a useful reference book. It is recommended for reading by medical students and all medical professionals dealing with children.

Editor and main contributor, Roy Meadows, is an expert in the field of child abuse. He draws on a number of other respected British medical professionals working in the field for contributions in their areas of expertise.

Each chapter deals with a different type or aspect of child abuse, written with a practical approach to the subject. The material covered includes the recognition and management of the various forms of child abuse, and the messages conveyed are applicable to medical professionals in most environments. The chapters on 'Head injuries', 'Ophthalmic presentations' and 'Munchausen syndrome by proxy' are particularly good.

There are also chapters on the functioning of a child abuse team, medicolegal aspects of child abuse, and British laws pertaining to child abuse. Although of some interest in that the general principles are widely applicable and give local readers an insight into a different system, not all the information is relevant to South Africa.

The book is well illustrated, with many colour photographs, illustrations and tables, which complement the written material and make it easy to read.

**L. JACKLIN**

**Early Detection of Ovarian Carcinoma with Transvaginal Sonography: Potentials and Limitations**

Ed. by Arthur C. Fleisher and Howard W. Jones III. Pp. 224. Illustrated. \$125. New York: Raven Press 1993. ISBN 0-88167-982-8.

The breakthrough of colour-flow Doppler is so exciting that it is hardly surprising that this book has appeared. One of the most innovative applications of the new technique is the possibility that ovarian cancer can be detected at a very early stage, thereby improving morbidity and mortality for its unfortunate victims. Because of the deep abdominal location of ovaries, these cancers usually present late with the usual disastrous sequelae. Transvaginal sonography with its excellent resolution and Doppler with its ability to detect abnormal low impedance flow in vessels in and around the ovary offers new hope for early detection. If the technology and scientific basis is correct, many women with small ovarian cysts will be saved unnecessary surgery (especially in the postmenopausal period). Chapter 4 on ovarian cysts in postmenopausal women will change the management of these cases for many gynaecologists (including myself).

The field is so new that I am afraid this book may have been published a bit early, since it is a bit lean on facts and has quite a bit of padding, such as chapters on pathology and genetics that have little to do with early detection. However, the authors have managed to obtain chapters from the foremost people in the field, including Timor-Tritsch, Kurjak, Stuart Campbell and Tom Bourne.

This book will bring those who have not followed the journals as up to date as possible in a field where problems

have not been fully solved and thoughts and technology change rapidly.

Chapter 9, written by the book's authors, provides compelling data that transvaginal scanning and colour Doppler can be used to differentiate between benign and malignant ovarian lesions. In their series, 17 cases (out of 18) with ovarian cancer diagnosed by ultrasound, whereas only 3/44 women with benign lesions were incorrectly labelled as malignant. (Sensitivity 85%, positive predictive value + 85%, specificity = 93% and a negative predictive value of 98%.)

The evidence in chapter 9 is corroborated by the Zagreb experience (Zalud and Kurjak, Chapter 12) in a much bigger study of 680 patients with almost identical statistical figures.

Chapter 9 is abundantly illustrated with magnificent colour photographs that enhance the authors' message.

The chapters by Timor-Tritsch and Campbell and their co-workers, although fiercely pro-screening with transvaginal ultrasonography and colour Doppler, sound a healthy note of caution.

In conclusion, this book covers only a small field of application in gynaecology but should be read by gynaecological oncologists and ultrasonologists, especially if they have access to machines with colour flow Doppler (unfortunately a very expensive item of equipment).

**J. COETZEE**

**Laparoscopic Urologic Surgery**

Ed. by Leonard G. Gomella, Mike Kosminski and Howard N. Winfield, Pp. xvi + 286. Illustrated. \$151.50. New York: Raven Press. 1993. ISBN 0-7817-0044-2

Over the last 4 - 5 years there has been a marked swing towards less invasive treatment in some fields of surgery. Urological surgery has featured prominently in this swing, especially in the development and application of laparoscopic surgery. Procedures previously thought impossible have not only been performed laparoscopically but have been largely perfected.

The authors of this book have obviously been carefully selected and are all authorities in aspects of this rapidly growing field. The information presented is up to date and covers a broad spectrum of urological laparoscopic surgery, ranging from the most basic to very specialised techniques. The latest available instrumentation, detailed descriptions of its use and the detailed disease-specific information presented make this an excellent book for academics to update their knowledge on the latest developments in the field and for surgeons involved in laparoscopic surgery, looking for a practical reference manual.

Some of the procedures discussed and presented may not stand the test of time and the indications for others are constantly evolving, so it is only through time and carefully constructed clinical trials that many of these procedures will find their niche. A well-balanced, up-to-date account of presently available knowledge is given, together with insights into future developments in fields such as laparoscopic pelvic lymphadenectomy.

The list of potential and real complications remind us that most urological laparoscopic procedures have a steep learning curve and should therefore not be attempted by urologists without the necessary specialised training.

Overall, this compact book has achieved a balance between practicality and presently available knowledge on urological laparoscopic surgery. Any surgeon involved in this field should find this long overdue work very worthwhile.

**L. J. E. COETZEE**

**Books**

If you would like to obtain a book reviewed in this journal, order it through MASA Publications. Prices quoted in the reviews are subject to change. Contact:

The Book Manager, Private Bag X1, Pinelands 7430, Ph: (02823) 3205, Fax: (021) 531-4126

## BOOKS / BOEKE

### **The Pyloric Sphincteric Cylinder in Health and Disease**

By Albertus D. Keet. Pp. xvii + 418. Illustrated. Hardcover. DM 268. Heidelberg: Springer-Verlag. 1993. ISBN 3-540-55814-4.

This treatise is the product of many years of detailed anatomical and radiological study of the pyloric region by a South African radiologist. To my knowledge it is the first publication of this nature devoted solely to the pyloric region.

It expounds the radiological findings of the gastroduodenal area in relation to anatomy and function, in health and in common pathological conditions affecting the region. The number of factors, including the pylorus, fundal, body and duodenal mechanisms that control gastric outflow make the role of the pylorus and its regulation difficult to assess. Exquisite anatomical detail and observation of gastroduodenal movements can be deduced from carefully performed radiological studies. Upper gastrointestinal radiography is thus an important, practical and complementary diagnostic and research tool. The treatise does not, however, address the modern radionuclide and manometric techniques used in research laboratories and, increasingly, in clinical practice.

This is an important book, which I commend to the libraries of all radiologists, gastroenterologists and surgeons.

**S. P. GROBLER**

### **You and Your Diet: Nature's Computer**

1st ed. By Louis S. de Villiers Pp. xv + 157. Pretoria: Academica. 1992. ISBN 0-86874-4417.

The title of this book is somewhat misleading. It is a book about the physiology of metabolism and focuses mainly on the role of micronutrients in the digestive metabolic processes throughout evolution and points to the role of enzymes and their co-factors in the physiology of man. It points out that our physiology has been programmed through evolution for a specific type of diet and how modern food processing methods have destroyed many micronutrients essential to man. It describes the 'Western diet' and how to attempt to avoid the diseases caused by it.

This book is not for those who feel comfortable and satisfied with the knowledge acquired from their university days. It is written for the layman and the academic alike and it exposes some fallacies and hoaxes flourishing in nutrition today. It explains inter alia the homocysteine and prostaglandin metabolism and its significance in health and disease. Written in simple language, it gives ample scientific proof for its statements by way of references of scientific articles from reputed medical journals.

To borrow a phrase from a well-known banking institution: it makes you think. This is a book for everybody who seeks after truth in nutrition.

**C. F. VAN DER MERWE**

### **Managing Children with Psychiatric Problems**

Ed. by M. Elena Garralda. Pp. 212. Illustrated. London: BMJ. 1993. ISBN 0-7279-0788-3.

Although child psychiatric disorder is common and most children with mental health problems are brought to their general practitioners or paediatricians, child psychiatric practice is still a little known area of medicine for many doctors. This book fills a gap in the available literature in that it describes the main psychiatric disorders of children

and the specific treatment techniques used by child psychiatrists in a way that is helpful for paediatricians and general practitioners.

The book starts with an excellent introductory section on how to identify psychiatric problems in children of different age groups. The second part outlines the most commonly used treatments. Therapeutic techniques such as individual psychotherapy and family therapy are explained in an understandable way. A valuable chapter addresses the role of medication in a variety of psychiatric disorders. The third part of the book deals with the importance of liaison between psychiatric, paediatric and other services in the provision of optimal care.

Although the book is written by British authors and draws heavily on British child psychiatric practice, most of the content is applicable to medical practice in South Africa. The chapter that deals with the organisation of psychiatric services for children, and the discussion of the role of health workers in preventive aspects of child psychiatry is especially relevant to our current situation.

Apart from a single printing error (the headings of Part II and Part III are interchanged) the book is well written and easy to read. The check lists that highlight the essential information in each chapter are particularly useful for quick reference.

This book is a must for paediatricians, especially those in private practice, but it will surely also be read by many others in the medical and paramedical professions.

**J. F. SCHOEMAN**

### **Structure and Function in Normal and Abnormal Hips: How to Rescue Mechanically Jeopardized Hips**

3rd ed. Renato Bombelli. Pp. viii + 211. Illustrated. Hardcover DM 398. Heidelberg: Springer-Verlag. 1993. ISBN 3-540-56266-4.

This is almost interesting book, developing the theories of the biomechanics of locomotion of Fischer and Pauwels. The author makes a convincing attempt to analyse the complex three-dimensional forces around the hip by the orientation and response of the trabecular bone visualised on two-dimensional radiographs. He postulates that the resultant force across the normal hip is vertical to the weightbearing surface and sourcil, and not oblique as previously suggested. He implicates the obliquity of the sourcil and the orientation of the adjacent 'Gothic arch' in the pathogenesis of superolateral and medial pole arthritis. His management rationale and planning of alignment surgery is based on the interpretation of the abnormal forces acting across the hip joint.

The liberal use of illustrations provides anecdotal examples demonstrating the beneficial effects of altering the biomechanics around the hip joint. A histomorphometric review of the structure of bone and cartilage introduces the potentially favourable response that varus and valgus osteotomies promote at a cellular level. I must confess to a persisting cynicism at any attempted correlation of an apparent increase in joint space with the regeneration of mature hyaline articular cartilage.

Editorial assistance from Alan Apley ensures lucid and eminently readable English. However, recurring typographical errors compromise comprehension of the complex mathematical analysis of the biomechanics around the hip joint.

This book should certainly be read by all surgeons with a genuine interest in hip surgery, if only to provoke a reappraisal of the existing tenets of one's own accepted norms in clinical practice.

**I. D. LEARMONTH**

## Books

If you would like to obtain a book reviewed in this journal, order it through MASA Publications. Prices quoted in the reviews are subject to change. Contact:

The Book Manager, Private Bag X1, Pinelands 7430, Ph: (02823) 3205, Fax: (021) 531-4126