

Reviews of Books, Software, and Audiovisual Materials

Goodman and Gilman's: The Pharmacologic Basis of Therapeutics (8th Edition). Alfred Goodman Gilman, Theodore W. Rall, Alan S. Nies, Palmer Taylor (eds). Pergamon Press, New York, 1990, 1811 pp, \$90.00. ISBN 0-08-040296-8.

First published in 1941 by its original editors, Drs Louis S. Goodman and Alfred Gilman, the text that is affectionately known as "G & G" continues to surpass others in the field of pharmacology. Incorporating the work of over two dozen new authors, contributions from more than 60 scientists and clinicians now provide authoritative and detailed information concerning all elements of pharmacology and therapeutics. In its 67 chapters, its exhaustive supply of drug information includes a review of general principles in the areas of pharmacodynamics, pharmacokinetics, toxicology, and therapeutics, as well as specific sections devoted to drugs affecting the nervous systems, inflammatory processes, and various organ functions (eg, renal, cardiovascular, and gastrointestinal). Chemotherapy for parasitic infections and microbial diseases, as well as that indicated for neoplastic diseases, is presented. The final sections provide chapters concerning drugs acting on the blood and blood-forming organs, hormones and their antagonists, and vitamins.

Revisions for this edition have been extensive and include new information on cholinergic and adrenergic receptors. More than 50 newly marketed drugs, as well as investigational agents, have been added, including erythropoietin, lovastatin, zidovudine, and alteplase. Of particular interest to family physicians will be the revised and updated information concerning cardiovascu-

lar agents and drugs active in the gastrointestinal tract.

Information is presented in a somewhat unusual format, which includes numerous diagrams of drug-receptor interactions, tables, and chemical structures. Variations in type-style along with headings and subheadings assist the reader in separating major, widely accepted principles from their supporting detailed information. Referencing for each section is thorough and provides an excellent path to pursue authors' original works.

Students in the areas of pharmacology and therapeutics should consider this textbook as their primary source of drug information. Library directors of departments of family medicine and residency programs should also provide this reference for faculty, residents and students. Although the cost is fairly significant, individual clinicians should also consider this a very worthwhile addition to their libraries.

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Case Studies in Rheumatology for the House Officer. H. Ralph Schumaker, Jr, John S. Bomalaski. Williams & Wilkins, Baltimore, 1990, 266 pp, \$16.95 (paper). ISBN 0-683-07617-5.

This book is rewarding to study, no less for the primary care physician than for the house officer, to whom it is addressed. The cases are well chosen; some problems are simple, some are complex, some demand urgent diagnosis, and others are more grad-

ual in onset. Each case is well documented with clear illustrations, and radiographs are reproduced well enough to invite interpretation. Each case is followed by a series of appropriate questions, and the answers are given with an informative discussion. A series of clinical pearls, a discussion of potential pitfalls, and a selection of references round out the topic.

I enjoyed the format. It is challenging, and it invites problem solving. The writing is uncluttered and authoritative. Hardly a word is wasted.

The book is packed with practical information, much of it relevant to primary care. Any one of the patients described could present to a family physician, for whom the diagnosis and management could be a challenge. It is essential for family physicians to be alert for and to be knowledgeable about rheumatologic disease. As the authors state in their preface, "We emphasize the analytical approach, which we use in daily practice, to help differentiate the occasional rare, but possibly critical diagnosis from the much more frequent occurrence." They have succeeded admirably. In my opinion, the average family physician will learn much of value from this book.

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Handbook of Difficult Diagnoses. A. A. Louis (ed). Churchill Livingstone, New York, 1990, 777 pp, \$39.95 (paper). ISBN 0-443-08677-X.

Dr Louis accurately characterizes this softbound manual in his preface: "*Handbook of Difficult Diag-*

noses is designed as a . . . stimulus for the physician to consider unusual diagnostic possibilities in the face of a difficult presentation." This book presents a collection of differential diagnoses, with each of the numerous contributing subspecialists referencing current information about selected symptoms, signs, and syndromes encountered in patients who may not clearly fit within a common diagnostic category.

Ten speciality areas are presented (cardiology, pulmonary medicine, hematology, and so on) with each subdivided into discussion points. For example, under pulmonary medicine, cough, dyspnea, chest pain, wheezing, and effusions, among others, are addressed. Then the symptom or sign is reviewed with current thoughts regarding pertinent pathophysiology and approach to clinical workup. Following that brief discourse comes an exhaustive list of relevant differential diagnoses ordered, from the most common to most rare. These in turn are referenced to either the ensuring standard bibliography or to an adjacent annotated bibliography of the most current literature.

The clinician cannot help but find this manual useful, both in the office and during scheduled review sessions. Access to syndromes and symptoms proves simple—the material is brief and to the point. Exemplifying this format is the 3-page section on urticaria. Not only did it assist with a thorough outline for the initial evaluation of a perplexing patient problem, but it also set the foundation for an associated formal presentation of the case.

The practicing physician in both family medicine and general internal medicine would be best served by the *Handbook of Difficult Diagnoses*. Of extra benefit to the reader is its recent update in the annotated bibliography

sections presenting unusually late literature support. Simply put, the book readily demonstrates its effectiveness in the primary care clinic.

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Psychological Disorders in General Medical Settings. N. Sartorius, J. A. Costa e Silva, Y. Lecrubier, H. Wittchen (eds). Hogrefe & Huber Publishers, Toronto, 1990.

Psychological Disorders in General Medical Settings, a recent publication sponsored by the World Health Organization, is divided into sections that address (1) the magnitude of psychological disorders in the general medical clinic, (2) the nature and course of these disorders, and (3) detection and consequences of psychological problems in general health care. The first section presents a good summary of current epidemiological issues and more commonly known statistics (ie, percentages of patients presenting with psychological concerns masquerading as physical complaints).

Section 2 begins with a discussion of classification systems for psychological disorders, and then addresses two of the more common disorders that present to the general physician (eg, depression and anxiety). A thorough history of neurasthenia is then presented, followed by the more current diagnostic considerations of chronic fatigue syndrome and myalgias that have their genesis in neurasthenia. This chapter's dealings with chronic fatigue is an excellent and thorough presentation of the concept, and it is perhaps the best chapter of the book. It offers much to practitioners. The section ends with a survey of psychological questionnaires that is a reasonable reference for those clinicians who make use of such instruments.

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The reasons for misdiagnosis are addressed in section 3, as well as the medical effect of such clinical mistakes. These chapters present many concepts that may seem like second nature, but may well jog the memory of even veteran physicians to pitfalls and remedies that they may have not seriously considered since residency. The section's final chapter addresses the cost-offset benefits of recognizing and treating psychological problems in general practice.

While there are a wealth of references for almost every chapter, most are from European journals, with subject pools from areas as diverse as Canberra, North Carolina, Upper Bavaria, and Zurich. Even though this survey approach is fitting within a WHO book, it raises the question of the immediately applicable relevance of much of this book for American practitioners. Also, this book is clearly written from a European model of general medicine that is not philosophically as family oriented as the American model of family medicine.

In summary, Sartoriu and his associate editors have produced a book that fits the WHO approach to information dissemination well and will be useful as an academic reference publication, but will probably not find wide acclaim among family physicians in everyday practice.

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Manual of Therapy for Skin Diseases. Timothy G. Berger, Peter M. Elias, Bruce U. Wintroub. Churchill Livingstone, New York, 1990, 349 pp, \$24.95 (paper). ISBN 0-443-08477-7.

This unillustrated pocket-sized paperback manual is intended to be a "how to" book for the physician,

resident... or student who must treat a patient with a skin problem." The 187 alphabetically arranged sections, each describing the authors' therapeutic recommendations for one disease, vary in length from one sentence to several pages, with length and detail unrelated to disease frequency or significance in primary care. For example, coccidioidomycosis and dermatomyositis each receive twice the space of decubitus ulcer and diaper dermatitis; one of the longest sections is on leprosy. The alphabetic arrangement of entities helps the reader locate conditions of interest quickly—as long as the reader's and the authors' terminology is the same.

Some (but not all) sections begin with a one-sentence to one-paragraph stem, which helps ensure that the authors and reader are envisioning the same condition. None of the recommendations are referenced; the authors feel that the "current availability of computer-assisted literature searches makes it possible to locate the original reference easily." As one example, however, when the authors choose to recommend bedtime doses of doxepin as their sedating antihistamine of choice for hand eczema, I was left wondering whether there was a study indicating that doxepin was preferable to hydroxyzine (Atarax) or diphenhydramine (Benadryl). Also, the unqualified and unreferenced suggestion to treat geographic tongue (a frequent and inconsequential and asymptomatic finding) with vitamin A acid (Retin-A) gel left me asking for a handy reference.

When I began reviewing this manual, I had hope for more than I found. Each entity should have at least a one- or two-sentence introduction. The amount of space devoted to common dermatoses should exceed that of "zebras" if primary

care providers are the intended audience. Additionally, for the intended audience, too many recommendations are nonspecific (eg, recommending use of a "noncomedogenic sunscreen" without providing examples, suggesting that androgen-excess syndromes be excluded without specifying how or providing a reference, indicating metabolic deficiencies can cause angular cheilitis without specifying which deficiencies). The only really useful appendix, the listing by potency of topical corticosteroid preparations (copied from the *Drug Topics Red Book*), many family physicians already possess from one source or another. A formulary, with lists of noncomedogenic sunscreens, and so on, was not included.

This book may be useful as a companion volume to, or as an inexpensive therapeutic update for, an aging dermatologic text or atlas whose therapeutic recommendations may be outdated. Most family physicians and residents would not find this book satisfactory as a primary dermatologic manual or as a text for a dermatologic rotation.

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The Pediatric Athlete. J. Andy Sullivan, William A. Grana (eds). American Academy of Orthopedic Surgeons, Park Ridge, Ill, 1988, 266 pp, \$19 (paper). ISBN 0-89203-033-X.

This book is a collation, "both factual and consensual," of information presented at a seminar sponsored by the American Academy of Orthopedic Surgeons in November 1988, entitled, "The Pediatric Athlete: Guidelines for Participation." An accompanying news release announcing this publication poses the

question, "Should twelve-year-olds be pumping iron or running marathons?" A panel of authors address this type of question from various viewpoints, including basic physiology, training requirements, nutrition, and susceptibility to injury. As a primary care provider, I was enthusiastic about reviewing this book, since I routinely perform preparticipation sports examinations and encounter similar questions from parents.

I was disappointed to discover that the experts, although able to present a wealth of interesting information, feel equally inadequate in reaching conclusions in many of these areas. In Chapter 5, "Neurodevelopmental Milestones: When Is a Child Ready for Sports Participation?" the author states, "An extensive computer-assisted review of the literature revealed no study that could answer such questions from a neurologic viewpoint." In the chapter on strength training the author concludes, in regard to the value of such a program relative to injury prevention, that "no study of this type has yet been done for prepubescents, nor has there been a study on the relative risk or danger of strength training in the prepubescent." To help remedy this lack of factual information, the authors have helpfully provided summaries of conclusions at the ends of several chapters, and where data have been insufficient, have provided consensus statements.

The book is organized in several sections covering training, nutrition and drugs, medical care, sports physiology, and sports organization in the first half, and a detailed discussion of injuries in the second half. The latter includes information on overuse syndromes, rehabilitation, and protective equipment. Specific injury conditions are organized anatomically; some are further subdivided.

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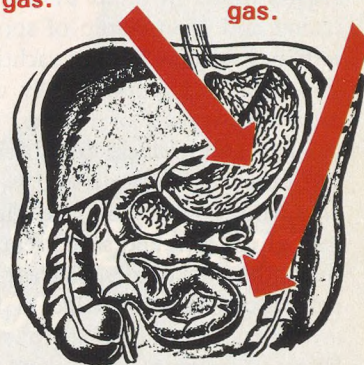
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vided by the types of sporting activity in which they are most commonly encountered, and others simply focus on the specific injury. In the section on overuse syndromes, the discussion under "Repetitive Stress and Connective Tissue" is disappointingly brief, whereas the descriptions of the osteochondroses are much more complete and illustrated with radiographic examples.

A sample preparticipation evaluation form is appended, and although it covers the usual general health questions with an emphasis on prior injury, it lacks inquiry about smoking, drugs, weight changes and goals, school performance, and emotional health, all of which are key issues when dealing with athletes, or just adolescents in general, who may not come to their physician very often. Another appendix lists the names and addresses of 66 official organizations involved in the governing and sponsorship of sporting activities from archery to yachting.

This book is potentially useful to a wide range of readers, from coaches and trainers to physicians and other health professionals, who are involved in the care and supervision of children and adolescents and their athletic activities. The admitted deficiencies in knowledge in many areas may prove particularly stimulating to investigators seeking ideas for new research in this field.

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Current Surgical Diagnosis and Treatment. Edition 9. Lawrence W. Way (ed). Appleton & Lange, Norwalk, Connecticut, 1991, 1359 pp, \$35.50 (paper). ISBN 0-8385-1426-X

Current Surgical Diagnosis and Treatment is the latest edition of one of the well-known Lange Medical books. These books are readable,

practical, inexpensive, and therefore deservedly popular with medical students, residents, and practicing physicians. The new edition of the text should meet the expectations of the series' many admirers.

The amount of detail in this book is just right for the family physician who will be consulting with surgeons. It is not sufficient for the family physician who assists or performs surgery. Approximately one third of the book is a discussion of general surgical topics such as preoperative care and electrolyte management. The remainder of the book is organized by organ system and includes subspecialty areas such as orthopedics and urology.

The organization of the chapters is consistent throughout the book and designed for quick reference. A reasonable number of tables and figures are included. References are as recent as 1989.

Most family physicians consult surgeons regularly and need basic background knowledge of surgery. This book is an excellent inexpensive reference for such physicians.

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Gynecology: A Practical Approach. Victor Gomel, Malcolm G. Munro, Timothy C. Rowe. Williams & Wilkins, Baltimore, Maryland, 1990, 331 pp, \$34.50.

Gynecology: A Practical Approach was written by three obstetricians at the University of British Columbia. According to the authors, it was designed as a student text to aid the student in dealing with "real problems of real patients." It is not meant to replace major textbooks of gynecology.

Practical texts in office gynecol-

ogy are not plentiful, and this book has some features that the family physician will find useful. It is lightweight and portable, and its division into three sections with four appendices is practical.

The book opens with a very brief section on physiology. Section 2 is entitled "Gynecologic Disorders," which includes 150 pages organized into 13 chapters, covering most categories of gynecologic problems. For the family physician, the information on genital tract infections could be expanded and the chapters on neoplasms shortened, but many useful topics are covered succinctly with specific therapeutic guidelines. Some of the recommendations for treatment of sexually transmitted diseases, however, have been modified recently, and newer agents added since the 1985 references cited.

The third section, "Clinical Gynecology," encompassing 100 pages and 14 chapters, is symptom oriented. Several useful tables and flow diagrams provide a quick orientation to evaluation of such symptoms as abnormal genital tract bleeding, amenorrhea, pelvic pain, breast lesions, and vulvar lesions. The book concludes with appendices on anatomy, embryology, operative procedures, and staging of gynecologic cancer, none of which really enhances the preceding textual material.

In summary, *Gynecology: A Practical Approach* may be a useful adjunct to other texts of gynecology for the practicing family physician, but it does not contain a family medicine orientation to the patient and has minimal reference to the psychosocial impact of gynecologic problems on the patient or her family.

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