

Davidson's Principles and Practices of Medicine (21st edn)

Edited by Nicki R Colledge, Brian R Walker, Stuart H Ralston
Churchill Livingstone Elsevier 2010
Price £46.99. Pp 1376
ISBN 978 0 7020 3085 7

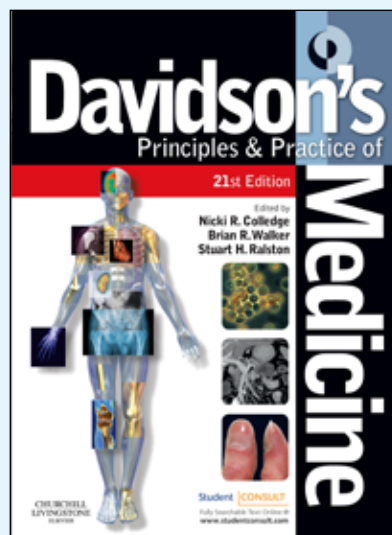
This textbook is a systems-, problem- and patient-based approach to the practice of medicine. Each chapter starts with the comprehensive and systematic evaluation of a patient, delineating from head to toe how to assess and what clinical signs you may find in such a patient. It is well referenced and recommendations for further reading are given, both within and without the book.

The text and format are both topical and modern, covering the ethics of percutaneous endoscopic gastrostomy insertion, correct hand-washing and 'brittle' diabetes among others. It is full of excel-

lent colour pictures and diagrams and in over 1300 pages, I could find only 56 errors or omissions.

I particularly like the boxes that pop up throughout each chapter, on evidence-based medicine, old age and pregnancy, delineating what evidence there is for certain treatments or how diseases differ in such populations. It is telling that diabetes, aging, palliative care and critical illness now all receive their own chapters.

I learned some fascinating facts, such as *Escherichia coli* 0157 can be found in apple juice, lettuce and radish, anorectal tuberculosis occurs as a result of swallow-



ing infected sputum and there is now a treatment for liver failure called liver dialysis.

I think the most important sentence in the book is one of the first: 'The most technically able physician will fail in the duty of care if he or she is unable to communicate effectively with patients or relatives' – a lesson many of us are still yet to learn.

I think this an excellent reference text for medical students learning the basics, junior doctors revising for membership exams and more senior doctors seeking a refresher.

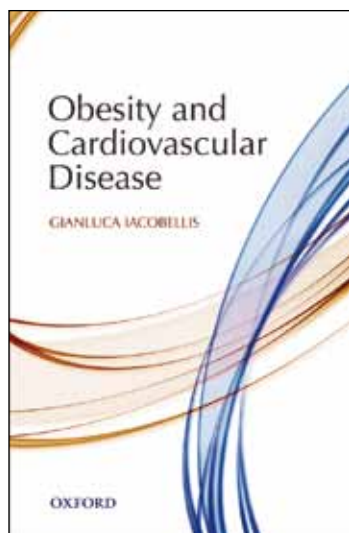
David Warriner, Sheffield University, Sheffield

Obesity and Cardiovascular Disease

Gianluca Iacobellis
Oxford University Press
2009

Price £ 29.95. Pp 272
ISBN 978 0 19 954932 0

Obesity and Cardiovascular Disease provides the reader with a comprehensive review of the relationship with obesity and cardiovascular disease. It covers ischaemic heart disease, hypertension and heart failure among others.



resource to anyone who is involved in the care of obese patients. One limitation of this type of invaluable chapter, however, is that it makes the book somewhat time limited.

This book is likely to prove popular in North America where the obesity epidemic is ahead of that in the UK but for any clinician who looks after this group of patients it will be a useful guide and also a good

starting point for people interested in developing their knowledge of obesity-related heart disease.

Matthew Thomas, UH Bristol NHS Trust, Bristol

Best of Five MCQs for MRCPsych Paper 2

Lena Palaniyappan and Rajeev Krishnadas
Oxford University Press 2009

Price £24.95. Pp 243
ISBN 978 0 19 955212 2

This is a valuable revision aid in preparation for the MRCPsych 2 written examination. The contents correspond with the

new Royal College curriculum and questions cover the entire Paper 2 syllabus, giving the candidates both relevant and realistic exam practice.

There is a comprehensive introductory chapter detailing the syllabus, exam structure and breakdown of topics covered in the examination. Useful tips on study planning, approach to multiple choice questions and revision are also provided. Over 450 individual multiple choice questions are grouped by topic into five mutually exclusive chapters covering the entire syllabus in a concise and structured manner. This enables the trainee to focus on the areas that need the most attention and quickly master these topics in the actual exam format.

Each of the multiple choice options are accompanied by detailed explanations in a user-friendly presentation to aid revision. References to relevant review papers, major studies or textbooks are also given with each answer which provides opportunity for further reading to broaden understanding.

I am delighted to review this question book which I strongly recommend to any trainee who is preparing for success in the part 2 Membership examination.

Anup Mathew, Homerton University Hospital, London