

## Adult Emergency Medicine

John F O'Brien

Manson Publishing 2013

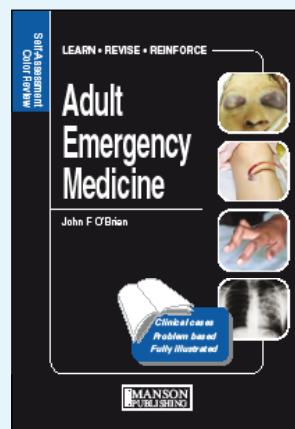
Price £24.95. Pp 288

ISBN 978 1 84076 178 8

*Adult Emergency Medicine* is a pocket-sized text aimed at emergency medicine and primary care physicians. It contains 250 short cases to challenge and educate the reader. A short text describing each case is usually accompanied by an image, the reader is then challenged to make a diagnosis and often formulate management plans. These cases and questions are then addressed by the author on the following page, giving short summaries of the cases and providing the corresponding answers.

This is a good text for anyone with an interest in emergency medicine. It provides the reader with a different way to further his/her knowledge and test his/her ability to make spot diagnoses and construct management plans.

The cases range from simple minor injuries, such as boxer's fractures, to more complex cardiology cases including as Brugada syndrome. The whole spectrum of specialities are covered by the book with the majority of cases being the more infre-



quent or complex presentations. This places the book in a strong position to assist those looking to prepare for their FCEM examination. It provides an attractive alternative to trawling through more conventional texts and can easily highlight areas of strength and weakness.

All in all, this is a good text which would be an interesting addition to any emergency medic's library.

*Simon Laing, Heart of England Foundation Trust, Birmingham*

## Testosterone Deficiency in Men (2nd edn)

Edited by T Hugh Jones

Oxford University Press 2012

Price £ 19.99. Pp 164

ISBN 978 0 19 965167 2

This book gives an excellent overview of male hypogonadism, an underdiagnosed condition which may present to a range of medical specialties. Non-specific symptoms and difficulty in interpretation of the biochemical markers make this book a 'must-have' for any specialist, as well as primary care doctors, who would like to make an initial diagnosis. It provides a comprehensive approach to this complex area, being structured in a very systematic format.

Testosterone deficiency in men is covered in exhaustive detail as the chapters of this book have been written by practicing endocrinologists, who are leaders in reproductive medicine and andrology. The first seven chapters provide information on physiology of testosterone, diagnosis and classification of hypogonadism, and finally on testosterone replacement therapy. Emphasis is given to prostate and other safety issues, which may be arising from testosterone administration. The editors offer a background of essential knowledge on hypogonadism and provide an up-to-date opinion based on most recent literature and publications.

Particular highlights include the chapters concerning the role of testosterone in fertility, obesity, metabolic syndrome, diabetes, cardiovascular disease, brain

function and osteoporosis. It appears that low testosterone is an independent risk factor for early death and biomarker for ill health. The fact that testosterone replacement can transform people's lives, significantly improving the quality of life of the individual and also their families is another wonderful perspective of this book.

Diabetologists, endocrinologists, cardiologists, geriatricians, urologists and psychiatrists will find practical guidance in this book, which is easily read and informative.

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## Kumar and Clark's Cases in Clinical Medicine (3rd edn)

Edited by Parveen Kumar

and Michael Clark

Saunders Elsevier 2013

Price £24.99. Pp 593

ISBN 978 0 7020 3138 0

This small book is part of the family of works associated with Parveen Kumar and Michael Clark's *Clinical Medicine*, of which the eighth edition appeared in 2012. The previous editions of this work (2000 and 2006) were called *Acute Clinical Medicine*, and it is not entirely clear why the title has been changed, because the emphasis is still very much on the assessment of the acutely ill adult, and the 'cases' form only a small part of the content.

The book follows the principles of problem-based learning widely used in medical

schools. The design is inviting and the layout easy to use.

The cases are grouped according to clinical specialty (e.g. infectious diseases, cardiology, psychiatry), with the common and important clinical presentations under each specialty (e.g. headache under neurology) as well as important diagnostic entities (e.g. Guillain-Barré syndrome). The short case histories are followed by a broad differential and ways in which to approach the problem diagnostically and therapeutically. The case progression is shown in between these sections, and the eventual outcome. Important guidelines and other recent relevant publications are clearly referenced, as well as definitions and diagnostic criteria for many conditions.

The book seems particularly suitable for medical students preparing for their finals, but it also has important things to teach FY1s on the ward and the acute take, FY2s about to start a job in emergency or general medicine, and possibly even more senior doctors who need to refresh their memory before teaching. Of course it is immensely difficult to keep a book of this nature completely up-to-date (it does not mention, for instance, the recent CHA2DS2-VASc score for stroke risk stratification in atrial fibrillation), but it seems to succeed at its stated aim of teaching problem-solving in many acute medical scenarios in an approachable fashion.

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