

Pediatric Nutrition in Practice (2nd edn)

Edited by B Koletzko, J Bhatia, ZA Bhutta, P Cooper, M Makrides, R Uauy, W Wang
Karger 2015

Price €46.00. Pp 334
ISBN 978 3 318 02690 0

This second edition follows an extremely successful first edition that sold tremendously well across the world. It is an essential companion to any health professional caring for infants, children and adolescents, both for those with expertise in nutrition, but also for those whose expertise lie in other areas. Those caring for children realize that good nutrition impacts on the success of other medical and surgical therapies and is essential for normal growth and development.

The book aims to address issues of paediatric nutrition on a global health scale, with a competent mix of experiences in both low and high resource settings. The

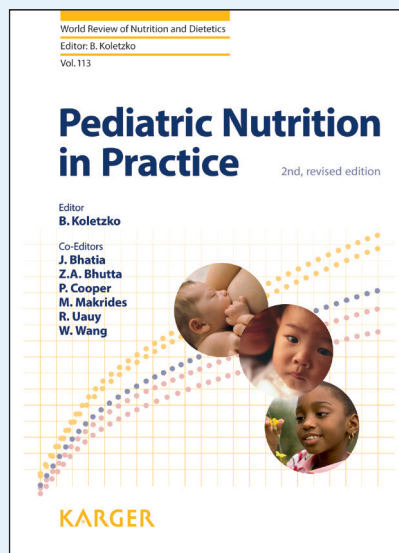
editor and contributor authorship of this text is hugely impressive as they originate from all areas of the world and have impressive reputations within the field of paediatric nutrition. The book has been well edited, and despite the large numbers of contributors, the chapters flow well and are easy to read.

The book succinctly covers all areas of paediatric nutrition that a doctor or allied health professional caring for children needs to know. It deals well with normal paediatric nutritional requirements and measures of normal growth and nutrient homeostasis. The basic science of macro- and micronutrient absorption,

metabolism and excretion are dealt with proficiently and addressed in both the healthy and disease states.

The nutritional challenges of special conditions are addressed by authors who are world experts within their field, including cholestatic liver disease, food allergy and intolerance, inborn errors of metabolism, diabetes and cystic fibrosis to name but a few.

Particular care is taken to explain the management options for children with nutritional difficulties, with up to date referencing to new literature and guidelines.
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Sleep Medicine: A Comprehensive Guide to Its Development, Clinical Milestones and Advances in Treatment

Edited by Sudhansu Chokroverty and Michel Billiard
Springer 2015

Price £135. Pp 584
ISBN 978 1 4939 2088 4

This is a sleep medicine book with a difference. The enterprising editors have commissioned over 100 experts from across the world who collectively provide a unique combination of historical, clinical and research aspects of the rapidly expanding field of sleep disorders.

The introduction anticipates the appeal of the book's contents by quoting the view of Alexander Borbely (a noted sleep researcher) that 'Since the dawn of civilization, sleep has fascinated and inspired religious scholars, poets, philosophers,

playwrights, artists, historians, and scientists as reflected in numerous mythological, poetic, dramatic, and scientific writings'.

Part I of the book is concerned with the evolution of sleep medicine by historical periods. The attitudes towards sleep and dreaming of ancient civilizations in various parts of the world are described, including those in Ancient Egypt and the Greco-Roman period as well as those expressed in the Bible and the New Testament. Part II covers the medieval period to the 19th century during which time attitudes to sleep had become somewhat less pre-scientific. Parts III and IV take the story of the development of sleep medicine into more modern times.

The remaining parts of the book become more directly clinical although still with an interesting historical slant. They discuss sleep disorders in historic diseases (from cholera to HIV disease) and historic milestones

of individual sleep disorders. Parts VII and VIII deal with neurological, psychiatric and psychological disorders. Part IX discusses respiratory diseases and part X covers other medical disorders. Part XI covers miscellaneous important aspects (including a chapter on paediatric sleep medicine) and part XII contains chapters largely about types of treatment but also aspects of sleep investigations. Altogether the book comprises 64 relatively concise chapters.

The content and style of this book represent an ambitious and novel project which definitely succeeds. It is not simply another textbook of sleep medicine. Instead, it complements such texts in an intriguing and instructive way (including succinct up-to-date accounts of individual sleep disorders and their treatment), for which its editors and contributors deserve to be congratulated.

The book will be instructive and appealing to many professional groups including those not usually in the habit of reading about sleep, as well as many general readers. It can be recommended for both individual purchase and for inclusion in departmental libraries across a wide range of specialties and disciplines.

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