



Acute Medicine in the Frail Elderly

Henry Woodford, James George
CRC Press 2015
Price £38.25. Pp 329
ISBN 978 1 908911582

The opening chapter of this book covers, among other things, the epidemiology of ageing. This, in itself, explains why this is a much needed resource for all health-care professionals working in frontline medicine in the UK. Given that the fastest expansion in older people in the population is in the number of the ‘oldest old’, over 80 years of age, management of the acutely unwell frail older adult is relevant to all.

This textbook covers a wide range of topics, including common presentations in the frail elderly, both medical and surgical, as well as key principles in comprehensive geriatric assessment. The book is not too lengthy and written in a conversational

style, making it easy to read and digest. The succinct text and clear headings to chapters and subsections make it simple to navigate. Each section has a helpful ‘key points’ summary and is extensively referenced.

This book is essential reading for anyone working in adult medicine who wishes to improve their understanding of management of acute illness in the frail elderly. I would particularly recommend it to junior doctors in the foundation, core medical, core surgical and acute care common stem training programmes. The extensive reference lists for each chapter will be helpful for those wishing to specialize in geriatric medicine, especially those revising for the Speciality Certificate Examination, who want to explore the topic areas in more depth.

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Caring for the Heart: Mayo Clinic and the Rise of Specialization

W Bruce Fye
Oxford University Press 2015
Price £25.99. Pp 704
ISBN 978 0 19 998235 6

This is one of the most interesting medical books I have ever had the pleasure of reading, detailing the origin and evolution of cardiology from the perspective of the now legendary Mayo clinic in Rochester, Minnesota. Brothers and surgeons Will and Charlie Mayo and the Sister’s of St Frances founded the clinic in the late 1890s, based on the principle of a tricycle; with compassionate patient care the large front wheel and research and education the smaller rear wheels. Despite being one of the best and most renowned hospitals in the world, with a turnover of \$9 billion per annum, this belies the fact that Mayo practitioners are salaried, the organization is non-profit and patient care was originally means tested.

The book is well written, engrossing and littered with thought-provoking quotes which pay homage to the great maverick minds that pioneered both the hospital and the specialty. I particularly enjoyed the chapter on the advent of the coronary care unit with the resulting empowerment

of nurses and the concerns raised about the increasing use of the electrocardiogram replacing the clinical history and examination, perhaps echoing the rise of cardiac magnetic resonance today.

The book is full of interesting facts, for example former President Frederick Theodore Roosevelt’s ischaemic heart disease, kept secret in order to win an unprecedented fourth term, and fascinating figures, such as the first diagnostic coronary angiogram in 1960 and the first prototype heart–lung machine in 1955, paving the way for percutaneous coronary intervention and open heart surgery respectively.

I would heartily recommend this book to all those interested in medical history, cardiology, the Mayo clinic or all three.
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Emergency Radiology Cases

Edited by Hani H Abujudeh
OUP USA 2014
Price £52.00. Pp 384
ISBN 978 0 19 994117 9

This book is very detailed with all 164 cases presented in a simple and easy to understand format. The various chapters cover all the relevant sections of the body, broken down by trauma and non-trauma.

Each case is laid out with some or sometimes no patient history followed

by the relevant radiological images (ranging from plain films to detailed three-dimensional reconstructions) which works very well and mimics real practice of emergency radiology. Over the page from the case history and images we are presented with the imaging findings, differential diagnosis, teaching points on the case, management options and further reading.

This format works very well as it highlights the relevant features so that the reader is not bogged down by less important detail, allows easy navigation of the sections and helpfully points the reader in the right direction should he or she want to look into the topic in more detail, with fully referenced sources.

The over 600 high-quality images are very detailed and accurate representations of the cases. My only qualm is that sometimes the images are presented quite small on the page. This is satisfactory for the plain radiographs, but often for the computed tomography and magnetic resonance images it is difficult to pick out the pathology from, for example, a small image of a single axial slice, especially on the cases where no patient history is presented. Overall, however, this is a great resource for radiology trainees, or consultants looking to refresh their knowledge.

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