

Alzheimer's Disease (2nd edn)

Edited by Gunhild Waldemar, Alistair Burns
Oxford University Press 2017
Price £24.99. Pp 144
ISBN 978 0 19877 980 3

This second edition of *Alzheimer's Disease* aims to be a succinct and practical introduction to the diagnosis, evaluation and management of Alzheimer's disease; it succeeds.

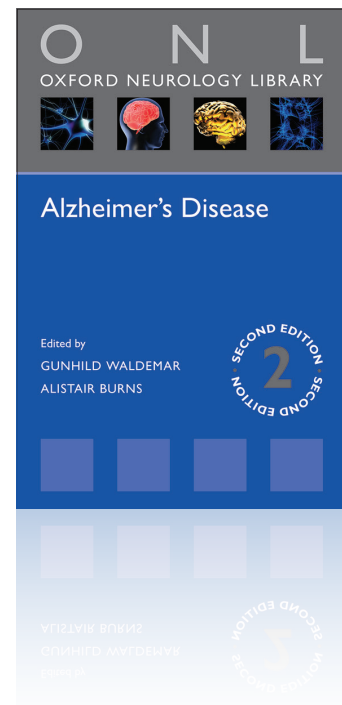
This well-written book is broken down into short chapters that are easy to digest in one sitting and contain helpful 'key point' boxes, management algorithms and tables. The book is relevant to core medical trainees, nurses, neurology, psychiatry and care of the elderly specialist trainees.

Chapter headings are well chosen and focus on important aspects of Alzheimer's disease (e.g. 'atypical presentations'). Each chapter is written by an international expert from the most relevant speciality – neurology, old age psychiatry or care

of the elderly. Chapters on management of behavioural symptoms, disclosing the diagnosis, safety, and supporting carers are particularly good as these areas are not often highlighted in core medical training or neurology specialist training in the UK.

There are a few things that I would like included in the third edition; chapter 13 could appear sooner given its importance and the 'clinical vignettes' could be expanded and cross-referenced by other chapters. Some figures are unnecessarily duplicated and the extremely helpful websites and apps referred to in the text could be formally indexed for quick reference.

As intended, *Alzheimer's Disease* is a really good introduction to the evaluation and management of Alzheimer's disease, and clinicians who work with the elderly or in memory clinics would find it very useful. *Christopher Carswell, Chelsea and Westminster NHS Foundation Trust, London*



The Haywire Heart

Chris Case, John Mandrola, Lennard Zinn
Velo Press 2017
Price £21.99. Pp 306
ISBN 978 1 93771 567 0

John Mandrola is an electrophysiologist and researcher, Chris Case and Lennard Zinn are formerly scientists and latterly cycling journalists, but all are long time endurance athletes who have suffered a cardiac arrhythmia of some form. Between them they have created an interesting tome – part textbook of sports cardiology and part self-help guide for elite athletes.

The nine chapters cover, among other things, the heart, sports cardiology, why too much exercise can be harmful, the evidence and common treatments. The book assumes no prior knowledge and is written in a very accessible manner. The case studies with each chapter help contextualise the facts and figures. As a trainee cardiologist and endurance athlete (of sorts), I get frustrated when athletes are labelled with a disease because most clinicians do not understand what sport does to the heart.

This book also helps dispel many such myths and mistruths, such as that caffeine is not actually associated with arrhythmia. There were some really interesting facts,

such as how much more common atrial fibrillation is among elite endurance athletes (5–10 times), and that there is no evidence that simply detraining will reverse atrial fibrillation. This would be of great interest to specialists and non-specialists who regularly look after athletes, and to doctors who are also runners, swimmers or cyclists. *David Warriner, NHS England and the Academy of Medical Royal Colleges, London*

Essentials of Autopsy Practice: Reviews, Updates and Advances

Edited by Guy N Ruttly
Springer 2017
Price £100.50. Pp 182
ISBN 978 3 319 46996 6

The title of this slim volume is slightly misleading: of the seven chapters, four are very forensic, and only one is of general interest to non-forensic pathologists. This book is for specialists; it is not an introduction to basic autopsy practice.

The first chapter discusses advances in imaging paediatric cadavers, now universally applied to perinatal and childhood cases. Most pathologists fear vertebral artery trauma because it is difficult to prosect

at the autopsy table. The anatomy and pathology is clearly described in chapter 2, although the approach to the actual vertebral dissection could have been clearer.

The chapter on death in crowds covers mechanisms of death, and the chronology of unconsciousness, cardiorespiratory arrest and death. Its authors were involved in the Hillsborough Stadium disaster and inquest.

New psychoactive substances ('legal highs') are an ever-expanding problem. Chapter 4 looks at what they are, what they do, and how they can be detected. Chapter 5, on horse-related injuries and deaths, outlines the taxonomy of injury types, dynamics and mechanisms, safety wear for riders, and what to look for in fatalities – 25% of all sports-related deaths in the west involve horses.

Chapter 6 is written by intensivists, not pathologists, and describes modern resuscitation techniques, their applications and outcomes according to the relevant disease. The last, well-illustrated chapter tackles the old problem of dating injuries.

This is a reference book for the shelves of pathology departments that undertake significant amounts of autopsy work involving an element of forensic problems. *Sebastian Lucas, St Thomas' Hospital, London*