

Biomarkers in Cardiovascular Disease

Vijay Nambi
Elsevier 2018
Price £88.99. Pp 185
ISBN 9780323548359

In the last few years, medical science has seen rapid developments in terms of biomarker research, yet reading, synthesising and applying such a vast array of, often basic science, articles on biomarkers can be tedious for doctors and researchers and challenging for allied medical professionals alike.

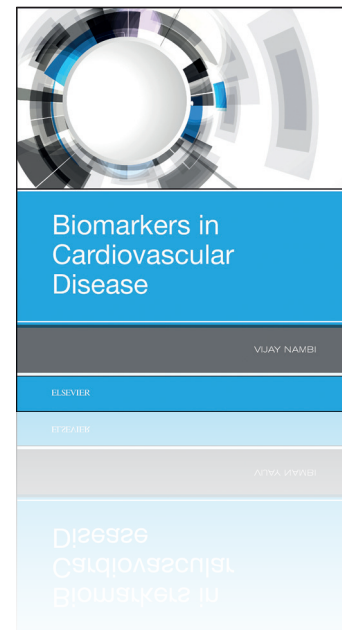
This book on *Biomarkers in Cardiovascular Disease* is unique. It is written in short, concise yet detailed essay-like chapters which help readers maintain interest. The reader can dip in and out of each chapter as a separate piece of work, and understand the definition of mechanism, causes, complications and biomarkers of diseases such as hypertension, not only as a stand-alone

risk factor but also as a single disease entity. This book could be used as a reference for cardiovascular disease as whole. Compartmentalizing each disease into a chapter, with the short conclusion at the end, helps to clarify the learning from the chapter and so either concrete, clarify and correct one's understanding as appropriate.

Although it is very advanced, the organization and language used are easy to follow. My favourite chapter is that on using biomarkers to select therapeutic targets for antihypertensive drugs. The idea of preventing the incidence of cardiovascular risk factors in asymptomatic people by checking biomarkers is a great step in management.

In summary, this is an excellent mix of bench and bedside knowledge that you do not find in many medical books.

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Neurotrauma: A Comprehensive Textbook on Traumatic Brain Injury and Spinal Cord Injury

Kevin KW Wang
Oxford University Press 2018
Price £107.50. Pp 536
ISBN 978 0 190279431

With an ambitious title, *Neurotrauma* aims to bring together the latest research and clinical practice to a broad readership. It is arranged as a collection of chapters, covering a range of topics in brain and spinal trauma. The chapters themselves are generally clearly written, thoroughly referenced and authored by an impressive array of experts.

There are chapters on topics that are unlikely to be found in other books on neurotrauma, e.g. on abusive head trauma and microRNA biomarkers for brain injury. Conversely, no chapters deal with, for example, basic clinical assessment of head injury, or step-wise management of intracranial hypertension. There is very little discussion about functional magnetic resonance imaging in chronic brain injury, or novel electroencephalogram assessment approaches to disorders of consciousness. There is a relative lack of coverage of topics

more relevant to long-term rehabilitation, although a number of chapters delve into the longer term neurological consequences of brain injury.

This book is best used as an 'update', most helpful and interesting for those with background knowledge in neurotrauma, and who are interested in very topical discussions in neurotrauma. It is not a core text for those new to the subject, but instead provides a well-curated exploration of some of the more niche, but most fascinating, aspects of neurotrauma. A worthwhile addition to the neurotrauma library.

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Families in the Intensive Care Unit: A Guide to Understanding, Engaging and Supporting at the Bedside

Edited by Giora Netzer
Springer 2018
Price £109.99. Pp 400
ISBN 978 3 319 94336 7

This book, edited by someone with first-hand experience of the mental and physical turmoil encountered by relatives of patients on the intensive care unit, does exactly what it says on the tin. Written by a broad

representation of the multidisciplinary clinical team and family members themselves, it provides an in-depth conceptual overview of the 'family intensive care unit syndrome' – a constellation of physical morbidity, psychopathology, cognitive deficits and conflict. The book encompasses all aspects of a patient's journey through intensive care, enabling the reader to appreciate the rollercoaster of emotions experienced by family members, and explaining how best to interact, support and aid coping at various stages of this tremendously difficult time.

The topics covered are diverse, but provide a holistic understanding of dealing with families on the intensive care unit.

Clear figures and tables aid digestibility of the content, but the book remains text-heavy, so is perhaps best dipped in and out of. Among many positives, the book reminds us that 'those for whom we care are individual souls, not bags of organs and collections of maladies...and they and their families have entrusted us with this most precious thing, their very being'. This in itself is more than enough to deem this book a worthy read.

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