

## **Exacta Medica (3rd edn)/ Exacta Paediatrica (3rd edn)**

Ian Ried Entwistle

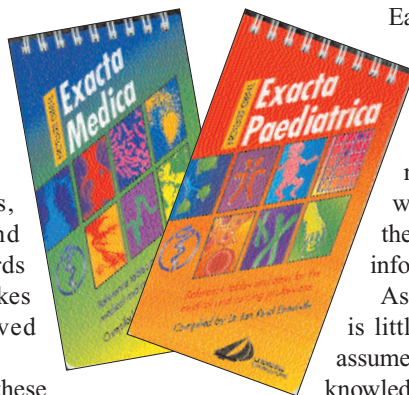
Churchill Livingstone 2003

Price £10.99/£10.99. Pp 71/Pp 63

ISBN 0443073686/0443073694

Designed for general practitioners, junior doctors, medical students and nurses, these durable, spiral-bound cards contain a wealth of information. It makes me wonder how we have ever survived without them.

Largely composed of tables of data, these pocket guides allow the user to quickly and easily access standardized values and other clinically useful facts. These are mostly normal ranges of laboratory investigations, but they also contain information such as obstetric tables, body mass index calculation, immunization schedules, nerve roots and dermatomes, drug classification and dosing, and nutritional requirements.



Each of the guides is tailored to its target audience; *Exacta Paediatrica* discusses the aetiology of neonatal mortality and morbidity, mental handicap, and congenital abnormalities and genetics, as well as the normal ranges for the under 16 age group, while *Exacta Medica* concentrates mostly on the adult patient, although it contains essential information on paediatrics for general practice.

Asides from a few emergency situations, there is little coverage of management, and the author assumes the reader has a certain degree of medical knowledge. As such, one may find it difficult to learn principles from these texts, but they would certainly help to provide data to complement existing knowledge.

For the junior doctor, struggling to recall the nerve roots of the biceps reflex, or the causes of chronic constipation in the toddler, these guides are perfect, and will certainly be making their way into my white coat pocket.

*James S Dawson, Alexandra Hospital, Redditch*

## **Aviation Medicine and the Airline Passenger**

Edited by Andrew RC Cummin and

Anthony N Nicholson

Arnold 2002

Price £65.00. Pp 216

ISBN 0304080637

Aviation medicine is a well recognized specialty which has largely concentrated on issues relating to airline crews. Recently passenger wellbeing and fitness to fly have emerged as important issues. This book addresses many of the issues that passengers may encounter, providing a realistic guide to their management. It is edited by two very experienced aviation medicine doctors and contributed to by many experts with an aviation medicine background.

On reading this text one appreciates the interface between aviation medicine and many common medical problems. Aviation physiology, particularly with regard to reduced oxygen pressures and oxygen tensions, is well described. The book starts with medicolegal issues and having read this one wonders why a doctor would ever volunteer to assist with an in-flight medical emergency. The effects of radiation, air sickness, jet lag, their causes and treatment are reviewed. Inevitably, cardiorespiratory problems feature prominently, with sensible advice about managing patients with a

recent history and patients who develop problems during flight. Separate chapters consider other medical problems including otolaryngology, gastroenterology, renal and neurological problems.

As with any multiauthor book, the principal criticism of this text is repetition. Much of the physiology of cardiorespiratory medicine applies to other branches of medicine and should perhaps have been considered in a separate section under physiology. The section on cabin environment required no further amplification in other sections. Despite this criticism it is a useful text for any doctor or paramedical personnel involved in the airline industry.

*JH Scurr, Middlesex Hospital, London*

## **Lecture Notes on Cardiology (4th edn)**

Huon H Gray, Keith D Dawkins,

Iain A Simpson, John M Morgan

Blackwell Science 2001

Price £15.95. Pp 274

ISBN 0865428646

This is the fourth edition of an established book, the last edition of which was published 11 years ago. The authors from the Wessex Regional Cardiothoracic Unit have managed to greatly improve on the previous editions.

The presentation of information is now in a modern, highly accessible and visually appealing format. The use of

key-point boxes and tables enables the reader to access core information rapidly. A large selection of high quality photographs and figures have been used where relevant to enhance the accessibility of important principles.

The text continually emphasizes the clinical approach to patient management backed up by a few key references where appropriate. Although a short and highly readable book the authors have managed to provide a broad range of chapters relevant to mainstream adult cardiology. In keeping with modern cardiology training this edition has appropriately reduced surgical and paediatric sections. The chapters on 'Thrombosis in cardiovascular disease', 'Cardiopulmonary resuscitation' and 'Cardiology, the law and occupation' are useful additions to the traditional chapters seen in cardiology textbooks. The chapter on 'Pacing and electrophysiology' beautifully presents a potentially complex subject in a clear and concise format.

This new edition is thus an extremely useful and practical book, which will be gladly used by all those training in medicine. The efficiently presented text covers all areas required by medical students new to cardiology and will be extremely useful for junior doctors studying for higher examinations.

*Nick Robinson, St Bartholomew's Hospital, London*