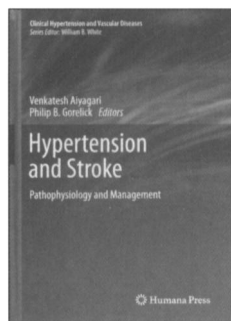


HYPERTENSION AND STROKE. PATHOPHYSIOLOGY AND MANAGEMENT. 2011. Edited by Venkatesh Aiyagari, Philip B. Gorelick. Published by Humana Press. 279 pages. C\$190 approx.

Rated ★

This book is one of a series on Clinical Hypertension and Vascular Disease edited by William B. White, an eminent authority on hypertension. It suffers from many of the problems of multi-author books, but given the eminence of the senior editor, Dr. Gorelick, it is surprising that it suffers from much more. Most of the authors are not well-known in the field, and what they say does not inspire a recommendation that this book be added to the shelves of individual readers. It may be useful to academics planning to write papers on the topics covered, as a source of references.



The text has multiple authors, most of whom seem to be compelled to repeat that hypertension is the leading cause of disability, or the most important modifiable cause of stroke. There does not seem to be any recognition by any of the authors that there are important individual differences in the causes of resistant hypertension, that would account for the marked excess of stroke and uncontrolled hypertension among African-Americans. The section on cerebral autoregulation, which belongs in the chapter on treatment of

hypertension in acute stroke, appears unaccountably in a chapter on mechanisms whereby hypertension may cause stroke. There is a nice table in the chapter on treatment of hypertension in acute stroke, on the pros and cons of treating hypertension in acute stroke, but no recognition that sometimes the blood pressure must be treated in acute stroke. Furthermore, the choice of agents for treatment of hypertension during acute stroke is surprising, and does not include nitrate patch, perhaps the most important recent advance in that area.

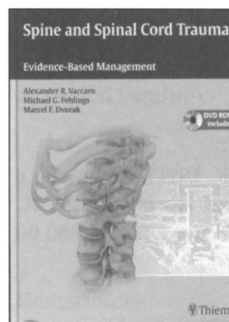
This book is, unfortunately, a mindless catalogue of summaries of the literature. At the price of \$190 it cannot be recommended except for well-funded libraries.

Anonymous

SPINE AND SPINAL CORD TRAUMA: EVIDENCE-BASED MANAGEMENT. 2011. Edited by Alexander R. Vaccaro, Michael G. Fehlings, Marcel F. Dvorak. Published by Thieme Medical Publishers, Inc. 571 pages. C\$230 approx.

Rated ★★★★★

This is a 5 star effort on the part of the Editors and authors. The relevance and overall impact of this topic touches multiple disciplines involved in the management of patients affected by spinal trauma. The need for evidence-based medicine continues to fuel many research efforts. This book summaries many of the basic clinical questions faced by treating physicians and presents in a very concise fashion the relevant literature required to answer these pressing questions.



The book is divided into the anatomical section of the spine but also includes essential building blocks touching on evidence-based medicine:

outcomes assessment and fundamental principles. The clinical assessment chapters may be of great benefit to the novice and even to emergency room physicians. A separate section on imaging really emphasizes the discipline's dependence on this modality of investigation. Very clinically oriented, the chapters provide valuable information for front-line physicians. The latter sections also deal with non-acute topics of managing spinal cord injury patients. Rehabilitation and late complication are very important aspects of the management of patients with these injuries as they can often determine the eventual quality of life they must live with. Bringing attention to them by having a dedicated section brings a strong message to the surgeons who often only concentrate on acute issues. The last section touches on the emerging techniques and translational research, a very active field. This section could easily have contained more chapters. A more international review of different strategies in neuro-protection and neuro-regeneration would make this section more substantial and not look like an after thought.

The quality of the writing is hard to judge with so many authors contributing to this substantial work. The editors have however maintained a clean and efficient look to every chapter. Topics are divided in a clinically relevant way and as such are practical and easy to follow. Most chapters have very good and complete references. The writing is nicely complemented with high quality diagrams and illustrations. Particular attention is given to the CT scans and MRI, which help illustrate real scenarios to the reader.

This book is very well put together and comes with a DVD ROM. The latter actually provides a narrative description of 13 cases from various authors. The narrator accompanies a series of videos and images to augment the learning experience.

I strongly recommend this book for anyone involved the management of patients with spinal cord injury, from initial diagnosis, acute treatment, post-operative complication avoidance and rehabilitation. This book provides a comprehensive review and possible suggestions for future research direction.

*Eric M. Massicotte
Toronto, Ontario, Canada*