

searches, Dr. Stewart's knowledge of the field allows a comprehensive review of the pertinent literature, with numerous and up-to-date references to back up the discussion in each chapter. I frequently found very useful references that would not otherwise be easily accessible in a literature search using key words. As to why this textbook, the answer is easy. I have found previous editions of this textbook incredibly useful in my day-to-day practice, and the current one even more so. This is a single author publication from a widely respected clinician and electrodiagnostician who has a wealth of experience in the diagnosis and management of disorders of the peripheral nervous system. His common sense approach to their diagnosis and management carries over in the way that the textbook is written, giving it all the readability of a best seller. Its 23 chapters, covering 692 pages, contain significant updates and revisions since the third edition, published some ten years ago. It is over a hundred pages larger, fully modernized and evidence-based! It contains a wealth of very practical and useful information, whether anatomic, clinical, diagnostic or therapeutic. The expanded material since the previous edition consists of new text sections, more and improved photographs, as well as updated references.

He provides a common sense, reasoned and balanced discussion regarding several areas of controversy (the disputed thoracic outlet syndrome, electrophysiologically normal "carpal tunnel syndrome", radial tunnel syndrome, piriformis syndrome and others), again backed up with appropriate references from the literature and a summary of where the evidence supports, or more commonly does not, the existence of some of these entities.

The illustrations are numerous, appropriate and well done, with clear and relevant line drawings of the appropriate anatomy, numerous concise and easily read tables, excellent clinical photographs demonstrating a wide variety of clinical signs seen in various disorders of the peripheral nervous system and reproductions of relevant imaging.

Of the textbooks on my shelf, many of which I confess that I refer to rarely, this is one of the few that I consider absolutely essential and refer to frequently. I learn something new and useful every time I pick it up. It should be a mandatory possession for any "student", including those of us getting longer in the tooth, of peripheral neurology, as well as those whose interests are more inclined to the central nervous system, but whom inevitably will be faced with patients who have focal motor or sensory deficits suggesting localization to the peripheral nervous system. If you still think that a Tinel's sign is a useful way to diagnose a CTS, it's time to update your knowledge base. It is very easily read, highly practical and is suitable for clinicians at all levels; whether in training, generalists, specialist or subspecialist.

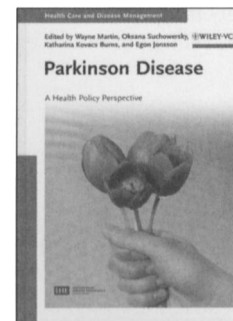
I truly can't think of a single reason why every neurologist should not own a copy of this book.

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PARKINSON DISEASE. A HEALTH POLICY PERSPECTIVE. 2010. Edited by: Wayne Martin, Oksana Suchowersky, Katharina Kovacs Burns, Egon Jonsson. Published by WILEY-VCH Verlag GmbH & Co. 336 pages. C\$125 approx.

Rated ★★★★★

According to the preface, the intended audience for this book is quite broad and includes health policy makers, family members and caregivers, healthcare professionals and social services providers. The text is organized into two parts. *Part I: Parkinson Disease – Diagnosis and Treatment* is a general review including clinical features, management of motor and non-motor features, palliative care and the economic costs of Parkinson disease (PD). The bulk of one chapter consisted of two tables – a 14 page table summarizing selected systematic reviews and a six page table summarizing selected practice guidelines; while the accompanying text is succinct, overall this chapter is a highly useful reference. A patient-authored chapter on her personal perspective using music, dance and art as therapy is included. My favourite chapter was by two Pharmacy faculty members reviewing natural health products in Parkinson disease which is of particular use to clinicians. Part I concludes with a chapter on highlights of current research in PD, acknowledging by name a few prominent Canadian scientists in the field.



Part II: The Case of Alberta, Canada starts with a chapter on the incidence and prevalence of PD in the province. Age-gender-standardized maps based on sub-regional health authority boundaries for incidence and prevalence of PD are presented; for those living in Calgary or Edmonton you can tell if your neighbourhood has a higher or lower prevalence of PD compared with the provincial average. Subsequent chapters include knowledge, service access and needs of PD patients; the experiences of caregivers; a well-written but brief chapter on concepts and measures of health-related quality of life in PD (with inclusion of commonly used scales at the end of the chapter); and a chapter comparing the quality of life in PD with the Canadian general population. The final chapter on policy considerations for Alberta recommends coordinating neurological services and establishing a committee to review the management of persons with neurological diseases - the conclusions and recommendations are reasonable though generic enough to apply universally for chronic illnesses.

All but one of the 21 contributors are from Alberta. The text is well organized and referenced and the lay-out of the pages makes it easy to read. Two appendices appear before the index – an FAQ sheet about PD and a glossary. Despite the various backgrounds of the authors (including physicians, nurses, physiotherapists, economists, pharmacists) the writing styles were not that dissimilar, making for a pleasantly cohesive text. I credit the editors for their efforts although I suspect the publisher played a role in the frequent appearance of the term "whilst", as I would not

expect most of the authors to use this in their own independent work.

The inclusion of stories from persons with PD and their family members interspersed between chapters certainly keeps one grounded. Their narratives were honest, at times uplifting, and poignant; one could feel the frustration of the daughter not allowed to stay after hours to attend to her mother following back surgery and the patient herself who commented that while her pupils are tested, no one really “sees” her.

While Parkinson Disease: A Health Policy Perspective is a good reference book for health professionals with an interest in health policy and advocacy, overall there is not enough to recommend this book to most practicing neurologists, residents or movement disorders experts.

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SUPPRESSING THE MIND. ANESTHETIC MODULATION OF MEMORY AND CONSCIOUSNESS. 2010. Edited by Anthony Hudetz, Robert Pearce. Published by Humana Press. 252 pages. C\$195 approx.

Rated ★★★★★

I know how to do my job, but don't know how my job works. This remains the anesthetist's dilemma.

Suppressing the Mind is a small text summarizing how anesthetics (perhaps) work. Originating as a workshop on brain research in 2007, it is 252 pages, and current to 2010. It bridges multiple fields in an attempt to explain how memory and consciousness are affected by general anesthetic drugs. The chapter of greatest relevance to me as a practising neuro-anesthesiologist was on anesthetic awareness. This was readable, complete and enjoyable. It contrasts with the chapter on neurochemistry of arousal state control: I might understand the transmitters in the rat brain if sentences of only 12 words did not have 30 references. This is my chief complaint: the decision to provide references within the text (written as ‘Authors, year’ instead of just end note numbers) makes the whole book less readable. This book will appeal to the graduate student in both neuroscience and neural monitoring, and to anesthesiologists seeking advanced knowledge of how our field actually works.

I remain confused by the parts of the hippocampus and the math of mean-field models. I now appreciate that it is ‘not just gaba’, and the great separation of consciousness and recall that it is expressed so clearly in my patients who receive midazolam.

How do anesthetics work? I know a little more about this complex answer, and so will those who read Suppressing the Mind.

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PITUITARY TODAY II – NEW MOLECULAR, PHYSIOLOGICAL AND CLINICAL ASPECTS. 2010. Edited by Eduardo Arzt, Marcello Bronstein, Mirtha Gutelman. Published by Karger. 218 pages. C\$185 approx.

Rated ★★★★★

This book, Volume 38 in the series *Frontiers of Hormone Research* edited by Ashley Grossman, is an interesting book in a number of ways. Firstly, the book is edited by three individuals - all of whom are from South America - two from Argentina and one from Brazil. Secondly, of the 25 chapters in the book, ten come either in whole or in part from South American centres. For those of us in North America with our, at times, very myopic view of the world, it may come as a surprise that there is indeed very high quality scholarly work being done by our neighbours to the south - which in this case does not mean The United States but rather South America.

The book is the proceedings of a satellite symposium held in Angra dos Reis, a resort town in the southern part of Rio de Janeiro state, in November 2008 following the International Society of Endocrinology meeting in Rio de Janeiro. The topics covered are various and range from the highly specific and basic science directed to the more clinical/overview type of chapter.

While this variability makes for interesting reading it is also a bit of an Achilles heel for the book because it lessens the book's appeal for the general clinician and makes it much more of a niche book. Frankly, even a neuroendocrinologist is unlikely to want to spend \$185.00 for a volume that is already two years behind the fast-paced race of basic science and is not going to be something that is particularly useful for guiding day-to-day practice.

Some of the more review-oriented chapters are excellent. I can commend the chapter *Testing Growth Hormone Deficiency in Adults* by Gabellieri et al as being an excellent review of this topic as is *Medical Therapy of Cushing's Disease: Where are we now?* by Alexandraki and Grossman. Unfortunately, the answer to the question is that we still have a ways to go before we can offer patients a long-term medical treatment for Cushing's Disease. Marcello Bronstein's chapter on *Optimizing Acromegaly Treatment* outlines three very nice approaches to the management of this difficult condition and provides a nice summary of the evidence. The author neither makes a personal recommendation as to which therapy is “best” nor does he suggest how to approach the individual patient. The clinician looking for a “how to” chapter will not find it here. The chapter on *Pituitary Carcinomas* by Colao et al is a very nice over-view of this most unusual of pituitary conditions.

The chapters are well written. They are clear, generally concise and up-to-date as of 2008. This book would be a useful addition to the library of any Division of Endocrinology and Metabolism but is unlikely to be found on the shelves of many practicing clinicians given its limited clinical utility, the time-sensitive nature of the material and its cost.

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