

## An Introduction and Practical Guide, Second Edition

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Dizziness and Vertigo

It is always a help when a second edition carries a Preface telling the reviewer what has now been updated. Ten years from its predecessor, we now see that the radiology chapter shows the advances in imaging of endolymphatic hydrops and that there is a new, closing chapter on persistent postural-perceptual dizziness (PPPD) which, for years, was dismissed as psychogenic and now at least has a label attached.

The two editors have been prolific in producing two earlier books reviewed in this journal, both subtitled “An Introduction and Practical Guide” and from the same publisher. This UK based multi-author text tackles a more challenging topic, but the result is very comprehensive and makes for surprisingly easy reading. There are 19 chapters covering basic sciences, diagnosis, specific disorders of balance and rehabilitation.

I am glad I did get this as a paper version, as this is a book to read from cover to cover. Chapters are appropriately concise (rather than short) and vestibular physiology, the countless clinic-based examination techniques and special investigations seem much less daunting having read on. Case studies are a feature of all chapters on differential diagnosis and management. I would highlight coverage of canalolithiasis versus

cupulolithiasis (and why the distinction matters), deciding which canal is affected, and the various manoeuvres and operations possible. Vestibular Migraine has been commendably updated, with few of the 87 references predating the first edition. The references to Superior Semicircular Canal Dehiscence withstand scrutiny for topicality just as well. A six-page chapter on Psychological Aspects of Dizziness can obviously only “scratch the surface”, but it actually does so very effectively and proves quite thought provoking. It is especially good at outlining the role of Cognitive Behavioural Therapy.

The paperback is very good value and, again, I would favour it over the e-Book as this is much more than simple reference book to dip into. I think it proves to be much more than just “An Introduction” but it is certainly a “Practical Guide” and it has much to offer those beyond training years, but naturally is invaluable to those at the earliest stages. What next from these two editors and authors I wonder?

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