

families. The information is from several authors who are experts in their respective fields.

First published in 1983, this second edition includes new material, clear illustrations, and easy-to-read tables and graphs. The subject matter is well defined in the table of contents and indexed for faster reference.

After a basic introductory chapter by Dr. Scheinberg, epidemiology, genetics, pathophysiology, and diagnosis are thoroughly discussed. Subsequent chapters deal with important topics such as signs and symptoms, treatments, psychology, and social and vocational issues. One of the last chapters, titled "What About New Treatments?," includes a comprehensive table listing the rationale and status of approximately 20 medical and experimental therapies.

Although there is a strong focus on the medical management of multiple sclerosis, a multidisciplinary approach to the care of individual patients is also emphasized.

We frequently provide this book for patients we evaluate at our own comprehensive care center. The chapters do not need to be read in sequence and the reader can choose to read what is relevant to his or her own condition. Many of our patients and their families have reported that they learned a great deal from the book. We often use it at individual education sessions for the patient and family to clarify issues and focus on specific patient concerns relating to their personal experience with multiple sclerosis.

The text is interesting, easily understandable, and suitable as a guide for patients and their families, and is useful to any health care professional involved in the care of patients with multiple sclerosis.

MARIE NAMEY, RN, MSN  
RICHARD A. RUDICK, MD  
The Mellen Center for Multiple Sclerosis

## HANDBOOK OF OPHTHALMOLOGY

by Thomas W. Gardner and David E. Shoch  
Appleton & Lange

The *Handbook of Ophthalmology* is a concise summary of both the basic concepts of ophthalmology and the up-to-date approach to ophthalmologic problems. It is a unique book that fulfills a unique need. It is neither a complete textbook nor a summary or a dictionary; rather, it is an outline designed for non-ophthalmologists and, in particular, medical students and house staff at various levels. However, first-year residents in oph-

thalmology would also be well advised to read it. In less than 300 pages the book covers basic areas of ophthalmology, symptomatology of eye disease, examination of the visual system, and disease management according to a "problem-oriented approach." The glossary at the end of the book should be useful to non-ophthalmologists seeking knowledge of some of the more esoteric terms ophthalmologists use.

Z. NICHOLAS ZAKOV, MD  
Department of Ophthalmology

## LASER THERAPY OF THE ANTERIOR SEGMENT: A PRACTICAL APPROACH

by Louis Schwartz, George Speath, and Gary Brown  
Slack Incorporated

The authors of this text have had extensive experience with laser therapy at the renowned Wills Eye Hospital. The book provides an excellent broad, basic coverage of the current status of laser treatment for the anterior segment of the eye and would be of considerable value to the resident in ophthalmology, the general ophthalmologist, and the ophthalmologist specializing in glaucoma and other anterior segment disorders. The non-ophthalmologist wishing to better understand some of the uses of laser in ophthalmology would also find this text useful.

The current major uses of both the argon and the neodymium-YAG laser are covered well. Specifically, there are chapters on iridectomy, argon laser trabeculoplasty, laser capsulectomy, intravitreal laser surgery, and other miscellaneous argon laser treatments. In addition to the "how" of laser therapy, there is excellent detailed coverage of the indications, contraindications, complications, and risks and benefits of laser use.

An understanding of the relevant anatomy and gonioscopic findings of the anterior segment of the eye is crucial to appropriate laser therapy, and the authors provide a good general overview of these aspects early in the text. Throughout the text, the authors plead for caution and conservatism in the use of lasers by ophthalmologists. While acknowledging that laser therapy may someday replace other types of medical therapy for glaucoma, the authors advocate laser use only after other therapies have been tried. The authors offer personal recommendations for pre- or post-laser medical therapy and inform the reader when such therapy has not been proven clinically beneficial.

As stated in the preface, the authors' major purpose

was to provide a clinical text on laser therapy; other books can provide detailed information on fundamentals and physics of laser. The list of references following each chapter directs the reader to a more detailed investigation of selected topics.

EDWARD J. ROCKWOOD, MD  
Department of Ophthalmology

## CLINICAL ENDOCRINOLOGY OF CALCIUM METABOLISM

edited by T. John Martin and Lawrence G. Raisz  
Marcel Dekker

A well-written summary of the clinical problems encountered in this field, this textbook provides an introduction to modern biology of calcium regulation and bone metabolism and then presents discussions on disorders of the parathyroid glands, vitamin D, calcitonin and medullary thyroid cancer, skeletal disorders of osteoporosis, osteogenesis imperfecta, Paget's disease, renal disease, and childhood disorders.

The first chapter, highlighting present-day knowledge of the molecular biology of bone metabolism and biochemistry and renal and intestinal regulation of calcium handling, is as fine a summary of this topic as can be found. Succeeding chapters concentrate on clinical aberrations of calcium metabolism. The chapter on parathyroid problems is a well-referenced discussion of state-of-the-art knowledge of the clinical and biochemical aspects of this disorder. However, it lacks a discussion of pseudohyperparathyroidism of aluminum bone disease, which should have been included here as well as in the chapter on renal disorders. A discussion of vitamin D problems employs a useful approach by juxtaposing biochemical knowledge of metabolic pathways with descriptions of the clinical disorders. An extensive discussion of calcitonin and medullary carcinoma touches briefly upon type II multiple endocrine neoplasia. A useful clinical classification of hypercalcemia of malignancy and its treatment complements the section about the molecular mechanisms causing the disorder.

The discussion of osteoporosis of aging is extensive and includes an assessment of the etiological factors of nutrition and lifestyle as well as speculation on newly discovered humoral factors. There is also a concise presentation of diagnostic modalities and treatment. The chapter dealing with osteogenesis imperfecta follows the same style of presentation; however, there is less basic science. This chapter complements the one on mineral

metabolism in children, which discusses neonatal hypocalcemia and hypercalcemia, rickets, and congenital osteoporosis. This section particularly is well-referenced and also includes therapeutic suggestions. Renal osteodystrophy is covered briefly, but there is an extensive discussion of nephrolithiasis and an abbreviated one on other renal tubular disorders. The final chapter contains information about etiology, diagnosis, and treatment of Paget's disease of bone.

ANGELO A. LICATA, MD, PHD, FACP  
Department of Endocrinology

## YOUR GUT FEELINGS: A COMPLETE GUIDE TO LIVING BETTER WITH INTESTINAL PROBLEMS

by Henry D. Janowitz  
Oxford University Press

The title suggests a dissertation on how to cope with intestinal problems. In fact, the text provides an excellent scientific guide to gastrointestinal disorders for the layperson by covering a wide range of symptoms from gas to bleeding.

The first of 14 chapters is a concise, extremely well-written overview of anatomy and physiology. The choice of words is ingenious (the bowel is a "hydraulic system" and "a conveyor belt," lower abdominal pain is "downstairs" pain, and upper abdominal pain is "upper-story" pain) and the diagrams are helpful.

The next five chapters cover the major gastrointestinal diseases: irritable bowel syndrome, inflammatory bowel disease, changes in bowel habits and bleeding, polyps and cancer, and diverticulosis. The rest of the book is devoted to less well-known problems such as food allergy, the effect of systemic illness and drugs on the bowel, and the role of psychological factors. Abdominal pain is covered in a separate chapter, and curiously, intestinal gas is discussed between the chapters on medications and the one on sexually transmitted diseases. This reviewer would have preferred to see intestinal gas addressed in the context of irritable bowel syndrome.

Generally, the language is quite simple and easy to read. The content, however, tends to get overly complex. For instance, the concept of secretory diarrhea is not too helpful, and I don't know why the layperson should spend energy understanding eosinophilic gastroenteritis. These are, however, minor details since all gastrointestinal disorders are addressed with skill, clarity, and a reassuring tone.