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PRACTICING PREVENTION FOR THE ELDERLY

By Risa Lavizzo-Mourey, Susan Day, Deborah Diserem,
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Hanley & Belfus, Inc.

Preventive care for elderly persons has been a neglected area in both medical literature and clinical practice. The reason may be the pervasive belief that preventive measures have limited usefulness in people who have already exceeded "average" life expectancy. As *Practicing Prevention for the Elderly* points out, secondary prevention (screening and early detection) for specific diseases has value even in very old persons. In addition, even primary prevention is possible for many causes of morbidity and mortality in the frail elderly population, such as falls, certain types of infections, and side effects from medications.

The authors have included excellent chapters on cancer screening, immunization, and prevention of drug reactions. There are also good chapters describing cardiovascular risk assessment in the elderly, the role of exercise for older people, and prevention of osteoporosis. A chapter on urinary incontinence, while well written, is less oriented toward prevention than toward evaluation and management.

A particular strength of the text is the inclusion of "practice recommendations" at the end of each chapter. These succinct, practical guidelines should prove helpful to clinicians. Samples of some of the more widely used screening instruments are also provided in the Appendix.

Overall, this book will be an excellent addition to the reference library of the general internist or family physician involved in the ongoing care of older persons.

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PULMONARY GRAND ROUNDS

Edited by Marvin I. Schwarz, MD
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This compilation of cases is from the University of Colorado, which has one of the country's premier pulmonary training programs. Most contributors are, or have been, faculty members or fellows from the University of Colorado.

Pulmonary Grand Rounds is divided into sections based on clinical presentation, such as dyspnea with a normal chest radiograph or with diffuse infiltrates, diffuse infiltrates with fever, localized pulmonary infiltrates, hemoptysis, respiratory failure, pleural diseases, wheezing, cough, pulmonary nodules and cavities, and mediastinal masses. Each section includes two to four cases with history, physical examination findings, laboratory evaluations, and pertinent radiographs, followed by a discussion of the differential diagnosis and a summary.

The book effectively provides differential diagnoses for the given clinical presentations. Since this is not a reference work, no more than a general description of each differential diagnostic consideration is offered. The best chapters include tables of the differential diagnoses with discussion of the relevance of the diagnostic workup. Unfortunately, these are not included in each chapter. The book would be strengthened by more clearly distinguishing the discussions of the differential diagnoses from the summaries, since the two sections often seem to run together.

This well written book should prove useful to housestaff and fellows in training, and would serve reasonably as a review text for the busy pulmonary practitioner.

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