

Fetal and pediatric ultrasound—a casebook approach

Eds: Cohen HL, Sivit CJ

*McGraw-Hill Book Company, Suites 1134-1138, Pioneer Centre, 750 Nathan Road, Mongkok, Kowloon, Hong Kong
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This is an interesting and well-written collection of ultrasound cases presented by 35 authors from various established US radiology centres. The two contributing editors, Cohen and Sivit, are both renowned radiologists who have published extensively on various ultrasound topics, including foetal ultrasound, trauma, abdominal imaging, neurosonography, and the genitourinary system. The book, which runs to more than 600 pages, comprises 120 cases (26 foetal and 94 paediatric) presented in a format that allows self-testing. First, a short introduction of the case and the clinical scenario are presented with images on a right-sided page. Then, on the turned page, on the left side, the diagnosis is given, followed by an explanation of the findings and discussion. The book is divided into chapters according to systems, including the central nervous system, hepatobiliary system, spleen, pancreas, adrenal gland, genito-urinary tract, gastrointestinal tract, etc. A small miscellaneous section on the neck, chest, and musculoskeletal system is also included. The case mix consists of those that are well known and commonly encountered in everyday practice.

The unique style of presentation makes the book easy to read and stimulating. Because of the large number of cases, the book is able to cover the gamut of pathologies from foetal to adolescent. The cases highlight normal age-related changes and emphasise the importance of age in differential diagnosis. Apart from the differential diagnoses, the discussions deal with the ultrasound/imaging techniques and other modalities that may be useful for diagnosis. Also given are details relating to the disease and expanded information on the relevant ultrasound topics, along with basic concepts, current trends, and controversies. The discussion is in-depth, up-to-date, and comprehensive. A segment of

‘Editorial comments’ is added to the end of some of the case discussions, as ‘icing on the cake’. I found the practical tips based on the personal experience of some of the contributors extremely valuable and interesting. Many chapters contain well-presented and succinct tables of crucial information. Every chapter ends with a list of useful references. The quality of the images is satisfactory and well annotated. Colour plates for Doppler ultrasonography and pathology are included.

The strategy of different authors with their own writing styles prevents the book from becoming stilted. There is, however, a lack of consistency in the level and depth of discussion between chapters that the reader may find disconcerting. Certain chapters may be more rewarding than others depending on the reader’s needs, experience, and style preferences. For example, I appreciated the efforts of the authors who discussed by ‘question and answer’ format as I found many ‘questions’ practical and relevant. Some authors make use of subheadings in the discussion, while others do not.

This book has a wide target audience. I would recommend it for all sonologists and sonographers who are interested in foetal and paediatric imaging. The presentation makes it useful for trainees/residents as a self-test. The book also serves as an atlas for reference and review. It would certainly be an asset to any radiology library.

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The ageing body: conservative management of common neuromusculoskeletal conditions

Eds: Bougie JD, Morgenthal AP

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The two main authors of this book are both chiropractors, and contributions come from several other people, mostly with qualifications in the chiropractic field. The preface of

the book quite succinctly establishes the purpose of the book as one that provides students and clinicians in the area of chiropractic practice a textbook with information on the

management of older adults with neuromusculoskeletal conditions. A few of the chapters may be of interest to other health care professionals who work with older adults or who are interested in the management of these people from a chiropractic perspective.

The textbook is divided into three main sections of basic science, neuromusculoskeletal conditions, and prevention and health promotion. Each chapter is well organised into objectives and introduction, followed by the main content of the chapter, a summary or conclusion, and study questions. Interspersed throughout the chapters are clinical notes and useful, simple figures and tables. Much of the information that is provided on the management of older people, however, is based on clinical experience.

The first section on the basic science provides a simple summary of the physical and functional changes that occur with ageing. Unfortunately the psychosocial issues associated with ageing, which are important to the health care management of older adults, are lost at the back of the book.

The second section, which focuses on neuromusculoskeletal conditions, provides separate chapters for the topics of osteoporosis and '*Managing geriatric spine patients*'. The title of the latter chapter is highlighted here for a number of reasons: first, since the textbook is a resource for people in the chiropractic field, a significant amount of time is spent focusing on the spine; second, within this chapter and the one on osteoporosis, there is a mention of high velocity and low amplitude manipulation, which is not usually seen as a conservative form of management; third, it is disappointing to see that the title is not in 'people-first' language. The manner in which we, as health care professionals, describe the people we see reflects the way we think about them. We can use people-first language, for example, by describing clients as older people who have spinal disorders. This reflects a more respectful, sensitive way of referring to the 'geriatric spine patient' and should be adopted by all health care professionals. The remaining chapters in this section deal

with common muscular disorders, upper and lower extremity conditions, and provide an overview of each condition and a summary of possible management strategies. The chapter on upper extremity conditions provides more detailed descriptions of specific manual treatment techniques.

The third section provides information on prevention and health promotion. One of the most useful chapters of the book includes the presentation of a multitude of tools for the comprehensive health assessment of older adults. The descriptions of several of the instruments include reliability testing results and accepted cut-off scores or normal values to help with their interpretation. The following chapter includes assessment of multidisciplinary risk factors for general health problems such as cardiovascular disease, osteoporosis, and depression with sections on 'routine' interventions for older people, including nutritional and pharmacological strategies, smoking cessation, and exercise. The penultimate chapter of the book includes an overview of physical activity and ageing as well as the role of, the effects of, and the guidelines for exercise for the older population. This chapter also offers some examples of exercises for different purposes.

Overall, the textbook is well written and well presented. It provides a comprehensive discussion on the management of older adults with neuromusculoskeletal conditions from the chiropractic point of view. Although the book covers a broad scope of issues, it does not provide adequate depth in many areas. Consequently, this textbook should only be considered as a basic resource for students and clinicians. To more mainstream health care professionals, it may be of passing interest.

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Ward ethics: dilemmas for medical students and doctors in training

Ed: Kushner TK, Thomasma DC

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Nowadays, when the behaviour and integrity of doctors are being challenged and judged in the media, there are increasing demands for a higher standard of medical practice both from the general public and within the profession. With the advances in information technology, the public

has ready access to medical materials that were not available in the past. Hence, the expectations for doctors from patients and their relatives are heightened. Together with the uncertainty of their own career prospects, medical students and junior doctors are under extreme pressure to perform