

**Sports Medicine: Fitness, Training, Injuries (2nd Edition).** *Otto Appenzeller, Ruth Atkinson (eds).* Urban and Schwarzenberg, Baltimore, 1983, 441 pp., \$24.50 (paper).

*Sports Medicine* is a high-quality text focusing on the physiology of exercise and its impact on organ systems. The contributors to this book use aerobic exercise, primarily long-distance running, to determine the effects on particular body functions. These physiologic effects of exercise are discussed in clear detail. References are bountiful, and summary paragraphs generally outline not only what is known about exercise effects but also what is not.

Sporting pursuits account for an ever-increasing amount of Americans' time, energy, and expense. It is stated that we spend as much money on leisure activities as health care in this country. Certainly family physicians are in an ideal position to see patients who spend increasingly more energy on sports. Therefore, physician knowledge and experience in athletic training and injuries must be adequate. In its second edition, *Sports Medicine* is a must to help those who are insufficiently trained to deal with the complexities of this emerging discipline.

The editors do a fine job eliminating the overlapping information often so burdensome in texts of this kind. Moreover, they view the athlete as a person by providing a chapter on the psychological and behavioral aspects of sports medicine.

It is doubtful that the "definitive" text on sports medicine will

ever be written. The myriad of specific sports, their unique training conditions, and sport-specific injuries alone may well preclude such a work. Nevertheless, *Sports Medicine* is an essential book for students, residents, and family physicians who will care for the burgeoning numbers of people who choose to give up the role of observer and become active participants in sports.

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**Clinical Laboratory Medicine—Clinical Application of Laboratory Data (4th Edition).** *Richard Ravel.* Year Book Medical, Chicago, 1984, 565 pp., \$22.95 (paper).

A classic, useful, and practical reference text, *Clinical Laboratory Medicine* has been updated to include sections on several newly available laboratory tests including studies identifying hyperparathyroidism, chlamydial infection, fetal maturity, and depression, among others. The author also has included a chapter on the general interpretation of laboratory results as well as referencing the expected frequency of finding an abnormal test result for any given entity. The book itself is not a complete treatise on any given disease state, and the reader probably is well advised to refer to other texts for a wider discussion of any specific problem.

While the practice of medicine, particularly family medicine, is still very reliant upon the patient's history and findings on physical examination, the clinical laboratory has

assumed a greater role in our diagnostic armamentarium. This text provides a ready reference for the practicing physician, family practice resident, medical student, laboratory technician (or technologist), or paraprofessional who is confronted with the task of unraveling a patient's complicated system complex.

The text exemplifies completeness by a thorough discussion of anemia and all of its ramifications to a description of the new zeta sedimentation rate. It is extremely clear in its discussion of each individual test and even more helpful to us is the relevant discussion regarding "what test for what disease and when to order it." The chapters on toxic substances and therapeutic drug levels and diagnostic imaging both represent current state of the art but, in all probability, will need expansion in future editions. This book would do well to find its way into the library of clinicians and might be considered a requirement for any teaching program in family medicine.

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**MacBryde's Signs and Symptoms: Applied Pathologic Physiology and Clinical Interpretation (6th Edition).** *Robert S. Blacklow (ed).* JB Lippincott, Philadelphia, 1983, 935 pp., \$42.50.

*MacBryde's Signs and Symptoms* is a medical textbook originally written to present a model for obtaining more information about patients' medical complaints and related abnormal physiologic states.



It was felt that such a format would provide the reader with fundamental clinical problem-solving skills that would continue to be relevant in a future of increasing medical information and technology. This approach remains valid. Patients present themselves with signs and symptoms that do not always point to immediate diagnoses. A carefully taken history and investigation of the chief complaints and present illness will frequently indicate a diagnosis, even before the physical examination or any laboratory tests are performed. Although Cyril MacBryde is no longer alive, Dr. Blacklow has continued his work by assembling 50 contributors to prepare 40 interrelated chapters. In each chapter, a major sign or symptom is analyzed. A detailed discussion of the anatomy, physiology, and biochemistry is included. A few chapters outline diagnostic approaches and treatment modalities, but this is often cursory and of limited value.

The book achieves its stated purpose. It is an excellent textbook of medicine for medical students or physicians wanting to review basic interviewing techniques and pathophysiology in a number of subject areas. However, it is not likely to be used as a reference by the busy practitioner, who is probably better served by the newest edition of *Harrison's Principles of Internal Medicine*.

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**Emergency Pharmacology.** David E. Gangeness, Roger D. White, Robert J. Brady, Bowie, Maryland, 1984, 302 pp., \$19.95 (paper).

In the field of emergency medicine, quick and easy access to

practical information on emergency pharmacology is essential to optimal patient care. This newest member of Brady's Series in Emergency Medicine attempts to fill that void, and does so very well indeed. For the emergency physician, house officer, or any physician faced with an emergent situation, it could well prove indispensable.

With straightforward and efficient organization, this book covers over 100 drugs grouped in nine classes of emergencies. To facilitate access, some agents, such as epinephrine, are repeated in more than one section. For each drug the authors have included a discussion of indications, dose, dilution, administration, onset of action, precautions, elimination, incompatibilities, chemistry, pharmacology, distribution, and pediatric dose. Key information is thus quickly put at the physician's fingertips in a concise, outline format.

My initial reaction to this easily manageable, soft-cover text was that it was too basic in its content. However, when viewed from the perspective of "when was the last time you set up a nitroprusside drip?" its usefulness becomes clearly apparent. Of note is the inclusion of an excellent index to this book. Proprietary drug names, medical diagnoses, and specifics of indications and side effects make this part of the book one of its best features.

In my opinion, this text would be a welcome addition to the bookshelf of any primary care setting wherein an emergency is likely to present. As a quick reference to the details of emergency drug use, I have seen none better.

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**Adverse Reactions:** Drowsiness; nervousness; insomnia; nausea; constipation; diarrhea; dizziness; weakness; tightness of chest; angina pain; irritability; palpitations; headache; incoordination; tremor; difficulty in urination; hypertension, hypotension; anorexia; visual disturbances; dysuria; gastrointestinal upset.

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