



## Prescription for Wealth: Financial Planning for the Health Care Professional

Terry G. Curran. 283 pp. Crowne Rock Publishing, Vernon, BC; [tcurran@nohr.org](mailto:tcurran@nohr.org). 1997. \$23.95. ISBN 0-9681405-0-5

**Overall rating:** Very good  
**Strengths:** Well researched; comprehensive  
**Weaknesses:** Some text and numeric "typos"  
**Audience:** Health care professionals, particularly those early in their careers or those who have not been exposed to adequate financial planning and management

Canadian neurologist Terry Curran attempts to cover all basic financial and investment concerns relevant to health care professionals in a single book.

Early in his career the author became convinced of the importance of early and adequate financial planning. Curran, self-taught, has become respectfully competent in the vast, complex world of personal financial planning. This is a boon to readers — Curran has done the research and analysis, so you don't have to.

Although some of the themes echo those of David Chilton's *The Wealthy Barber* (General Publishing Co., North York, Ont., 1989), including compound interest, mutual funds, buy-and-hold strategy, and dollar-cost averaging, Curran endeavours to answer the financial concerns of a specific group: health care professionals. He provides concise explanations and detailed calculations, and summarizes practically all relevant concerns of the medical practitioner in a complete, informative and readable style. The research is current, and observations encompass not only Canadian political and economic reality but also world financial activity

and its effect on the individual investor — a crucial point in today's expanding world marketplace.

"KISS" (i.e., Keep It Simple, Stupid) summaries at the end of sections help readers understand and apply the practical advice and techniques. An index, references and a list of products and services are included.

There are a number of typos, and a flurry of numbers and calculations in the early portions of the book might overwhelm or distract some readers. Overall, however, Curran provides a well-researched, complete and valuable resource for medical professionals at any stage of training or practice; it will be particularly worthwhile for graduating medical students or residents with a minimal comprehension of financial management. *Prescription for Wealth* should be a useful, if not essential, addition to a practitioner's library and an adjunct to financial planning programs.

**Brian E. Cummings, BBA, CA, MD**  
 General Surgery  
 Dalhousie University  
 Halifax, NS

## Telemedicine: Theory and Practice

Edited by Rashid L. Bashshur, Jay H. Sanders, Gary W. Shannon. 435 pp. Charles C Thomas Publisher, Springfield, Ill. 1997. US\$69.95. ISBN 0-398-06732-5

**Overall rating:** Very good  
**Strengths:** Comprehensive summary  
**Weaknesses:** Not all specialties covered; some important issues not discussed  
**Audience:** Health care professionals, administrators, educators

The purpose of this book is to present a comprehensive assess-

ment and a scholarly perspective on telemedicine and to represent the state of the art. These objectives are successfully met.

Telemedicine is defined by the editors as "the use of information technology, especially two-way interactive audio/video telecommunications, computers, and telemetry, to deliver health services to remote patients and to facilitate information exchange between primary care physicians and specialists at some distances from each other." Telemedicine is not a new concept; it began in the '50s, and the first book was published in 1975 (also edited by Bashshur). In the last few years, interest has increased substantially. Telemedicine is now viewed as one way to solve the problems of uneven geographic distribution of health care resources, inadequate access to health care for certain segments of the population and as a way to contain health care costs.

The first section contains an overview of telemedicine and the US health care system; many issues are relevant to Canada. The concept that telemedicine should be viewed as a "system of care" is noteworthy. Spatial-temporal relationships created by telemedicine and its relationship to community health information networks are also covered.

The technology section, by a biomedical engineer, is a very good comprehensive summary, but at times may be too technical for most health professionals.

The largest section summarizes how telemedicine is used in radiology, pathology, medicine and primary care, dermatology, oncology and psychiatry. Other clinical areas, such as cardiology and home care, are not discussed. Most chapters also include an historical review and discuss future potentials. Comprehensiveness and clarity vary in this section.

The fourth section reviews systems in the US, in the military, on the battlefield and in correctional institutions. The final section is on the future of telemedicine. It emphasizes the impact of developments such as telepresence surgery. The potential for telemedicine to facilitate the development of “quaternary” or “virtual” care medical facilities is also discussed.

A few key issues, such as reimbursement, licensing and confidentiality, are not covered.

Overall, the book is well written and organized, and will be a valuable resource for anyone interested in telemedicine.

**Rod Elford, BPE (Hon), MD, MSc**

Assistant Professor  
Family Medicine (Telemedicine)  
Director of Telemedicine Research  
and Development  
Memorial University of Newfoundland  
St. John's, Nfld.

## Multiple Sclerosis: A Guide for the Newly Diagnosed

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Nancy J. Holland, T. Jock Murray and Stephen C. Reingold. 128 pp. Demos Vermande Publications, New York. 1996. US\$21.95. ISBN 1-888799-06-4

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**Overall rating:** Good  
**Strengths:** A number of topics; clear writing; practical guidelines; useful glossary  
**Weaknesses:** Not enough tables and illustrations to break monotony of text  
**Audience:** General public

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The authors of this small book are intensely involved in helping people with multiple sclerosis. Holland and Reingold work for the National MS Society in the United States; Murray is a neurologist who runs an MS clinical and research program in Canada.



A number of topics are covered, most of them well. The writing is clear. The concept of practical guidelines is a good idea. The glossary explains the more technical terms in a user-friendly fashion. The authors suggest a number of concrete things that patients can do. A reading list is well put together and easily understood; annotations would have made it even more helpful.

My major criticism is that there are not enough tables and illustrations; these would break up the monotony of the text and could also help to explain things in a straightforward fashion.

There is a lot of good information in the book, but it takes persistence to find out enough details to get a good understanding of the disease. This is partly a result of its short length.

Overall, I recommend this book.

**Donald W. Paty, MD**  
Professor  
Division of Neurology  
University of British Columbia  
Vancouver, BC

### Goodman & Gilman's The Pharmacological Basis of Therapeutics (CD-ROM)

9th ed. Edited by Joel G. Hardman, Lee E. Limbird, Perry B. Molinoff, Raymond W. Ruddon and Alfred Goodman Gilman. Illust. McGraw-Hill Ryerson Ltd., Whitby, Ont. 1996. \$181.25. ISBN 0-07-864186-1

**Overall rating:** Excellent  
**Strengths:** Comprehensive; easy, fast searching  
**Weaknesses:** No drug interaction program; no section dedicated to pregnancy and lactation  
**Audience:** All physicians

This stalwart and trusted old reference has been on my bookshelf for 35 years. Its release on CD-ROM is a welcome enhancement.

There is still the happy marriage of basic science and clinical utility, but now with the speed of a CD-ROM. It is current, too, even including a section on gene-based therapy. Also included are tables, graphs and diagrams.

I am a solo GP in a remote Yukon town. My hardware is a modest PC Pentium 160 with 16 MB RAM and a 4X CD-ROM drive. I used this CD daily for a month to test it in everyday practice.

My first priority is quick, pithy and current overviews on drugs that I might prescribe. This software delivers just that and more. The writing is clean and precise. A pleasurable plus is frequent spicy snippets of fascinating history: where the drugs were first found and how their usage has evolved.

When I searched "heart failure" I found a solid modern approach, summaries of the drug classes and references for current review articles. When I searched "thyroid" and "cholesterol" there was a cogent description of their relationship. When I searched "progesterone" and "intramuscular" and "contraception" many of my questions on this new (for Canada) indication were answered. When I searched "mefloquine" I received information as current as that of the Centers for Disease Control and Prevention in Atlanta.

A bonus is 6 years of abstracts from 50 prestigious journals. Although they are fun to browse, it was cumbersome to find a specific abstract cited in the text. This is a minor annoyance, however.

Lacking on this CD-ROM is a drug interaction program. More and more patients, especially the elderly, are taking incredible cocktails of pills and potions. The combinations and permutations are fraught with much danger. Another addition could be a section on drugs during pregnancy and lactation. May the editors rise to

the challenge and add these features to a wonderful CD-ROM.

All in all, this is very useful software for the desk of any busy physician.

**Richard B. Fast, MD**  
Faro, Yukon

### Practical Minor Surgery (CD-ROM)

David Crawford and Chris Khoo. Overseas Publishers Association, Omni Media Associates, harwood academic publishers, Amsterdam, The Netherlands. 1996. US\$117. ISBN 90-5702-006-8

**Overall rating:** Good  
**Strengths:** Attention to detail  
**Weaknesses:** UK phraseology; video below average; complicated  
**Audience:** Surgical interns and residents

This CD was designed to assist family doctors and surgeons-in-training to grasp the essentials of minor surgical procedures. The context is surgery as practised in England, but the procedures would be equally common to North America.

The substance of the CD is good and very detailed. It is a multimedia presentation with graphics, animation, video and sound; this can be almost too much at times. The authors present rules and regulations applicable to surgeons and hospitals, facilities required, equipment, anesthesia and excision of common lesions. Suture materials are discussed in detail, and wound closure methods are shown. Reference is made to proper wound care, appropriate dressings, postoperative follow-up and evaluation of results. There is even a quiz to see if you absorbed the information en route!

For those in surgical training this CD would undoubtedly be most helpful, providing one made al-



lowances for slight differences in nomenclature this side of the ocean. Some of the techniques shown on video unfortunately are often partially obscured and even out of focus, which is most frustrating. Nevertheless, following the advice and techniques, so colourfully demonstrated, would assist a young surgeon greatly in learning the essentials of minor surgery. For experienced surgeons however, there is little here that they wouldn't already know.

**Sholto Cole, MD, FRCSC**  
General Surgery  
Ottawa, Ont.

### **Glaucoma: A Patient's Guide to the Disease**

Graham E. Trope. 66 pp. University of Toronto Press. 1997. \$8.95. ISBN 0-8020-7847-8

**Overall rating:** Excellent  
**Strengths:** Common questions answered clearly and with authority  
**Weaknesses:** Discussion on antifibroblastic agents rather long, and their description "correctly" as anti-cancer drugs may cause unnecessary anxiety in patients  
**Audience:** Glaucoma patients, ophthalmologists, ophthalmology residents, optometrists, family doctors, geriatricians, community nurses, pharmacists

The diagnosis of glaucoma raises a great many questions in the patient's mind.

In this booklet, Trope uses the novel idea of collecting the questions that he has been asked and using the answers to describe the disease, the testing required for diagnosis and the aims and practicalities of both topical and surgical therapy. All ophthalmologists will be familiar with these questions and may themselves have some to add.

The booklet is for patients, and I am sure they will find it helpful and informative. I also recommend it to ophthalmology residents as a guide to formulating their discussions with patients.

It should be available in all family practice, geriatric medicine and nursing training programs. Answers to questions directed at non-ophthalmologists may be found in this booklet, and this may avoid an unnecessary visit to the ophthalmologist's office or clinic.

**Ronald M.H. Pinkerton, MB**  
Department of Ophthalmology  
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### **Take Care: A Practical Guide for Helping Elders**

Ann Rhodes. 199 pp. HarperCollins Publishers, Inc., New York; HarperCollins Canada Ltd., Toronto. 1997. \$20. ISBN 0-00-638491-9

**Overall rating:** Good  
**Strengths:** Well written; comprehensive without being daunting; simple format, easy to read  
**Weaknesses:** None that is obvious. Price may be prohibitive to some  
**Audience:** Physicians, caregivers and relatives of frail elders

This book has the distinct advantage of being "Canadian" and therefore of practical value to Canadian readers — without the need for "translation" from the US or European milieu. Ann Rhodes is a well-respected editor, columnist and freelance author. This is her third book on care of the elderly. She writes in a clear and sensitive style, which appeals to caregivers and care receivers alike.

The text works methodically through a wide range of pertinent subjects. The opening chapters address the attitudes of both potential

caregiver and receiver, then discuss the levels of care requirement and the attendant's ability to respond successfully to these demands. Roles and relationships within families and in the community are considered.

The short section on physical aging and a simplified functional assessment process are most valuable. Activity programming and communication hints are well covered, and information is provided on support groups and services. Advice on simple personal care routines is sensitively handled. The final chapter deals with palliative care and the medicolegal aspects of care provision.

Overall, I hope physicians who advise families in caring for dependent elders will read this volume and recommend it to them and to those who are considering their role in such situations.

**David Skelton, MD, DM**  
Specialist in Geriatric Medicine  
Edmonton, Alta.

### **The Quintessential Canadian Anesthetist: Wesley Bourne A Retrospective on the Foundations of McGill Anesthesia**

Joan C. Bevan, Maria A. Pacelli. *Fontanus Monograph Series*, no. 10. 138 pp. Illust. McGill University Libraries, Montreal. 1996. \$45. ISBN 0-7717-0485-2

**Overall rating:** Good  
**Strengths:** Well researched; broad in scope but not overwhelmed with detail; both objective and personal  
**Weaknesses:** Chronologically disjointed; rambling presentation  
**Audience:** Anesthetists, historians, McGill alumni

As we approach the new millennium, we look back to find how we arrived at this point, and who

contributed to the journey. Bevan and Pacelli's book provides an historical perspective and unique insight into the evolution of McGill University's Anesthesia Department and the creation of anesthesia as a specialty in Canada.

Through meticulous research, the authors have written a biography of one of the true "fathers" of anesthesia in Canada, Wesley Bourne — a fascinating physician, researcher and teacher. Bourne's involvement with McGill University spanned almost 50 years, first as a medical student, then as a lecturer in pharmacology, a practitioner of anesthesia, a prolific researcher, one of the creators of the first anesthesia residency program in Canada, and finally as the first chairman of McGill's Department of Anesthesia, the first such independent department in Canada.

A major thrust of the authors' efforts was to describe the foundations of McGill anesthesia, into which Bourne's story is tightly woven. He was instrumental in the creation of the Canadian Anaesthetists' Society. He was also involved with US anesthesiology and held the presidential offices of both the International Anesthesia Research Society (twice) and the American Society of Anesthesiologists (the only Canadian so honoured).

A biography can tell of accomplishments and accolades, but this book also conveys a sense of Wesley Bourne, by including numerous quotations from his research papers and public addresses.

The authors can be proud that theirs is a unique book, faithful to the style of Wesley Bourne.

**John E. Cannon, MD**

Associate Professor  
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Faculty of Medicine  
University of Manitoba  
Winnipeg, Man.



## **Books and other media received**

### **Livres et autres documents reçus**

#### **Books for patients**

**The 3 a.m. Handbook: The Most Commonly Asked Questions About Your Child's Health.** Edited by William Feldman. 224 pp. Illust. Key Porter Books, Ltd., Toronto. 1997. \$24.95. ISBN 1-55013-817-0

**Healthy Eating for 2: Mother and Baby (Booklet).** Edited by Alana LaPerle Consulting. 48 pp. Illust. Capital Health, Community Care and Public Health, Edmonton. 1996. Price not stated. Culturally adapted and translated into 7 other languages.

**Living with Parkinson's Disease.** Kathleen E. Biziere and Matthias C. Kurth. 160 pp. Demos Vermande, New York. 1997. \$19.95. ISBN 1-888799-10-2

**The Shelter of Each Other: Rebuilding Our Families.** Mary Pipher. 281 pp. Random House of Canada. 1996. \$17.95. ISBN 0-345-40603-6

#### **Dermatology**

**Levene's Color Atlas of Dermatology.** 2nd ed. Gary White. 362 pp. Illust. Times Mirror. 1997. \$44.95. ISBN 0-7234-2552-3

#### **Emergency medicine**

**Emergency Department Management: Principles and Applications.** Editors-in-chief, Richard F. Salluzzo, Thom A. Mayer, Robert W. Strauss, Pamela Kidd. 892 pp. Mosby-Year Book. 1997. \$174. ISBN 0-8151-7751-8

#### **Endocrinology**

**Diseases of the Thyroid.** Edited by Lewis E. Braverman. *Contemporary Endocrinology* series. 393 pp. Illust. Humana Press. 1997. US\$125. ISBN 0-89603-414-3

#### **Ethics**

**Des coups de pied dans l'éprouvette.** Jean-Michel Debry. *La collection «Catalyses»*. 216 pp. Éditions Fides. 1997. Prix non-mentionné. ISBN 2-7621-1950-2

#### **Gastroenterology**

**Gastroenterology (CD-ROM).** AMA Core Curriculum Committee. *Core Curriculum in Primary Care* series. SilverPlatter Education. 1997. Price not stated. ISBN 1-57276-980-7

#### **Gynecology**

**Women's Sexual Health.** Edited by Gilly Andrews. 465 pp. Illust. Harcourt Brace. 1997. \$65.95. ISBN 0-7020-1898-8

#### **Health care**

**Supporting Self-Care: The Contribution of Nurses and Physicians. An Exploratory Study.** 126 pp. Health Canada. 1997. Price not stated. ISBN 0-662-25466-X. Disponible en français sous le titre : Prendre en main sa santé : L'apport des infirmières et des médecins. Étude exploratoire.

#### **Legal issues**

**Casuistique médicale : Bien présenter un cas clinique.** Milos Jenicek. 113 pp. Edisem, Saint-Hyacinthe (Qué.). 1997. Prix non-mentionné. ISBN 2-89130-168-4

#### **Miscellaneous**

**Golden Years – Hidden Fears: Elder Abuse. A Handbook for Front-line Helpers Working with Seniors.** Virginia Boyack. 82 pp. Kerby Centre, Calgary. 1997. \$24.95. ISBN 0-9681691-0-4

#### **Obstetrics**

**Breastfeeding (CD-ROM).** *Corel® Medical Series.* Corel Corporation, Ottawa. 1996. \$85.59.

#### **Occupational medicine**

**Management of Cumulative Trauma Disorders.** Edited by Martha J. Sanders.

378 pp. Illust. Butterworth-Heinemann. 1997. US\$50. ISBN 0-7506-9561-7

#### **Ophthalmology**

**Macular Disorders: An Illustrated Diagnostic Guide.** Edited by Anthony A. Cavallerano, Rodney K. Gutner, Leonard J. Oshinskie. 283 pp. Illust. Butterworth-Heinemann. 1997. US\$115. ISBN 0-7506-9224-3

#### **Otolaryngology**

**Pulmonary Medicine / Otolaryngology (CD-ROM).** Part 1, 2nd ed. AMA Core Curriculum Committee. *Core Curriculum in Primary Care* series. SilverPlatter Education, Norwood, Mass. 1997. Price not stated. ISBN 1-57276-978-5

#### **Pathology**

**Comprehensive Cytopathology.** Part 1, 2nd ed. Edited by Marluce Bibbo. 1122 pp. Illust. Harcourt Brace. 1997. \$283. ISBN 0-7216-5752-4

#### **Pediatrics**

**The Children of Neverland: The Silent Human Disaster.** Gideon Koren. 153 pp. The Kid In Us Publications, Hospital for Sick Children, Toronto. 1997. \$20. ISBN 0-9681801-0-8

#### **Psychiatry**

**Handbook of Treatment for Eating Disorders.** 2nd ed. Edited by David M. Garner, Paul E. Garfinkel. 528 pp. Guilford Press. 1997. US\$55. ISBN 1-57230-186-4

#### **Radiology**

**Squire's Fundamentals of Radiology.** 5th ed. Robert A. Novelline. 621 pp. Illust. Harvard University Press. 1997. US\$69.95. ISBN 0-674-83339-2

#### **Rehabilitation**

**Common Musculoskeletal Problems.** Edited by Arun J. Mehta. 369 pp. Illust. Hanley and Belfus. 1997. \$37.95. ISBN 1-56053-173-8