

# Books

## **ABC of Eyes\***

Second Edition By P. T. Khaw and A. R. Elkington. Pp. 54 Illustrated. £15. London: BMJ. 1994. ISBN 0-7279-0766-2.

This second edition of *ABC of Eyes* is an outstanding introduction to ophthalmology. Its 54 pages are divided into 12 chapters, which are as follows:

- History and examination;
- The red eye;
- Eyelid and lacrimal disorders;
- Injuries to the eye;
- Acute visual disturbance;
- Cataracts;
- Refractive errors;
- The glaucomas;
- Gradual visual loss, partial sight and 'blindness';
- Squint;
- General medical disorders and the eye;
- The eye and the nervous system.

Basic ophthalmology is presented in an easy to read format with descriptive line drawings. The colour photographs in this book are of excellent quality.

*ABC of Eyes* is up-to-date and very readable. It is good value for money and is highly recommended for nurses, medical students and general practitioners.

**A. A. Stulting**

## **Cancer Prevention in Primary Care\***

By Joan Austoker. Pp. viii + 173. £15. London: BMJ. 1995. ISBN 0-7279-0825-1.

This concise, clear and readable book provides an authoritative and detailed overview of cancer screening and prevention strategies. It is refreshing to encounter a return to basic principles in the management of disease. In the past 40 years, despite extensive and extremely costly research into the aetiology and management of cancer, very few significant advances have been made. This book focuses on the need to 'attack' the cancer epidemic from a preventative rather than a curative angle. It provides compelling evidence that many cancers can be prevented, the most obvious being lung cancer and smoking. There are numerous proven methods for effective intervention and prevention of what is so often a devastating disease.

While strongly promoting cancer prevention strategies, the book warns against scientifically unfounded and uncritical advocacy of health promotion — many health checks and screening activities have questionable value, for example, and some may do more harm than good. Interventions of

proven value include advice from general practitioners to stop smoking, reduce alcohol consumption, cervical screening and breast screening by mammography in women 50 years and older. In addition there is strong evidence that all types of skin cancer are linked to excessive exposure of fair skins to ultraviolet radiation.

Other screening activities such as faecal occult blood testing for colorectal cancer, screening for prostate and ovarian cancers, melanoma and self examination of breasts and testes have uncertain benefit and mass screening on current evidence cannot be justified.

The information provided is accessible and extremely useful, especially to the busy general practitioner. After digesting the vast and often confusing literature on the subject of cancer aetiology and prevention, it is no wonder that many doctors have no idea which facts are reliable and which are based on folklore. This book places current evidence in perspective, and clearly sets out known successful interventions versus those of doubtful value.

An extremely worthwhile read for general practitioners and others working in all fields of oncology.

**Lynette Denny**

## **Books received**

The receipt of these books is acknowledged, and this listing must be regarded as sufficient return for the courtesy of the sender. Books that appear to be of particular interest will be reviewed as space permits. The *SAMJ* does not publish unsolicited reviews.

**Strengthening Health Management in Districts and Provinces. Handbook for Facilitators.** By A. Cassels and K. Janovsky. Pp. vi + 74. Sw.fr.20/US\$18. Geneva: WHO 1995. ISBN 92-4-154483X.

**Practical Sonography in Obstetrics and Gynecology.** Second Edition. By John W. Seeds, Nancy C. Chescheir and Ronald V. Wade. Pp. 320. Illustrated. US\$74.75. New York: Lippincott-Raven. 1995. ISBN 0-7817-0335-2.

**Endoscopic Management of Gynecologic Disease.** Edited by David Adamson and Daniel C. Martin. Pp. 458. Illustrated. US\$183. New York: Lippincott-Raven. 1995. ISBN 0-7817-0281-X.

**Schizophrenia. Epidemiology of Mental Disorders and Psychosocial Problems.** By R. Warner and G. de Girolamo. Pp. x + 139. Sw.fr.32/US\$28.80. Geneva: WHO. 1995. ISBN 92-4-156171-8.

**Evaluation of Certain Veterinary Drug Residues in Food. Forty-third Report of the Joint FAO/WHO Expert Committee on Food Additives.** Technical Report Series No. 855. Pp. vi + 59. Sw.fr.12/US\$10.80. Geneva: WHO. 1995. ISBN 92-4-120855-4.

**Learning Medicine 1996\***. 12th Edition. By Peter Richards. Pp. 119. Illustrated. £8. London: BMJ. 1995. ISBN 0-7279-0999-1.

**Prescribing in Pregnancy\***. Second Edition. Edited by Peter Rubin. Pp. vii + 155. Illustrated. £17. London: BMJ. 1995. ISBN 0-7179-0949-5.

**Epithelial Cancer of the Ovar\***. By Frank G. Lawton, Jan P. Neijt and Kenneth D. Swenerton. Pp. xviii + 299. £47. London: BMJ. 1995. ISBN 0-7279-0851-0.

**Essays in Honour of S A Strauss/Huldigungsbandel vir S A Strauss.** Edited by J. J. Joubert. Pp. 347. Illustrated. R89.90. Pretoria: Unisa Press. 1995. ISBN 86981-938-0.

\* Book titles marked may be ordered directly from MASA Publications, Book Department, Private Bag X1, Pinelands, 7430, tel. (021) 531-3081, fax (021) 531-4126, e-mail masact@aztec.co.za.

***Knowledge and the Scholarly Medical Traditions.*** Edited by Don Bates. Pp. xiii + 369. £16.95/US\$24.95 (Paperback), £45/US\$64.95 (Hardback). Cambridge: Cambridge University Press. 1995. ISBN 0-521-499755 (Paperback), ISBN 0-521-48071X (Hardback).

***MedPages. Health Care Directory 1996. Western Cape.*** Sean Khoury and Ian Neuburger. Pp. xix + 444. Green Point: MedPages. 1995. ISBN 0-620-19641-6.

***Autosomal Dominant Polycystic Kidney Disease.*** Edited by A. Sess, F. Conte, P. Serbelloni and S. Milani. Contributions to Nephrology Vol. 115: Series Editors G. M. Berlyne and S. Giovannetti. Pp. x + 192. Illustrated. Sw.fr.337/DM272/US\$197.50. Basel: Karger. 1995. ISBN 3-8055-6090-7.

***Tropical Pathology.*** By Wilhelm Doerr and Gerhard Seifert. Pp. xlv + 1379. Illustrated. Heidelberg: Springer-Verlag. 1995. ISBN 3-540-57673-8.