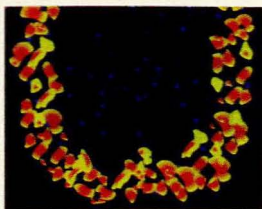


Stephen M. Stahl
**Essential
 Psychopharmacology**
 Neuroscientific Basis and Practical Applications



Essential Psychopharmacology Neuroscientific Basis and Practical Application

Stephen M Stahl, 390 pp

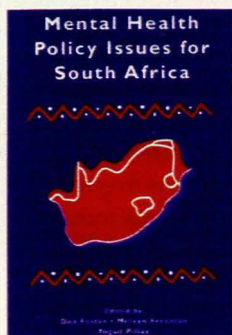
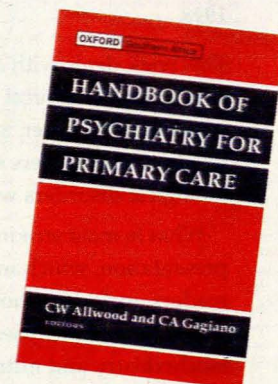
Essential Psychopharmacology explains the neurobiological concepts underlying the drug treatment of psychiatric disorders, with particular emphasis on the principles of chemical neuro-transmission. For the student learning psychopharmacology for the first time, this book provides an easily readable introduction to the subject. For the physician or scientist with prior background in the field, the book is organised to provide a quick review of the key dimensions of psychopharmacology and the drug treatment of mental illness. The clearly written text is supplemented by a wealth of high-quality colour graphics that are both instructive and entertaining. These illustrations and their captions may be used independently for the main text for a rapid introduction to the field, or for review.

Available in paperback at R350, hard cover at R1 200, slides at R2 775 or on CD-Rom at R750

Handbook of Psychiatry for Primary Care

CW Allwood and CA Gagiano, 336 pp, pvc/flexicover, R150

The *Handbook of Psychiatry for Primary Care* provides the primary care worker with the information needed to care for the mental health needs of patients, to treat mental disorders with confidence, and to address psychiatric issues within the African context. Comprehensive and accessible, the handbook offers a primary care approach especially suited to health professionals in developing countries, descriptions of common disorders and their management (including epilepsy), classifications of mental disorders according to the internationally accepted DSM-IV and the ICD-10 primary care versions, summary tables for history taking and mental state examination, the essentials of treating psychiatric disorders, including crisis counselling, appropriate therapy, pharmacology, and continuing care in the community, discussion of family and legal interventions, an emphasis on community-based management of mental illness, and a glossary of terms.



Mental Health Policy Issues for South Africa

Don Foster, Mel Freeman, Yogan Pillay, December 1997, 352 pp, soft cover, R95

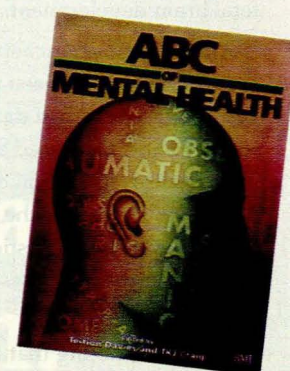
South Africa has never had a comprehensive policy for mental health. Furthermore, mental health is generally far down in priority. *Mental Health Policy Issues for South Africa* tackles these issues for the first time. An up-to-date reflection on our past lack of policy, current developments and future visions, it takes a far wider approach to mental health than is usual. The authors present plans and proposals to deal with issues related to violence, mental health among the police, AIDS, drug and alcohol abuse, gender considerations, the elderly and indigenous healing. It has a rare chapter dealing with language issues in a multilingual country. The book also covers mental health across a wide range of sectors, including education, universities, the private sector, NGOs, community levels, as

well as psychiatric service provision. It also presents plans and funding issues from the Department of Health.

ABC of Mental Health

Edited by Teifion Davies and TKJ Craig, 1998, 120 pp, paperback, 297 x 212 mm, R237

This helpful guide deals with the principles and practice of managing mental health problems and clears away many of the common misunderstandings about mental illness, psychiatrists, and psychiatry in general. The coverage includes commonly encountered mental conditions, and all the aspects of this complex area including recognising the condition, communicating with the patient and family, and the therapies available.

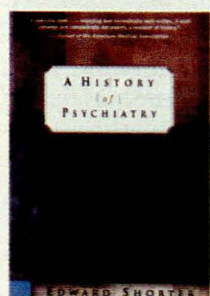


History of Psychiatry

Edward Shorter, 448 pages, soft cover, R220

Written by a distinguished, internationally known historian, this is the only up-to-date popular history of psychiatry, from the era of the asylum to the age of Prozac. Shorter's views are provocative — he sounds a death knell to all dynamic psychiatry, and embraces organic causes and treatment without reservation. He supports his position with wide and deep research, but without sacrificing a high-spirited, readable style. In its approach the book accepts the current view that

major psychiatric illness is a disorder of the brain. It highlights those aspects of psychiatry's history that focus on the biological and plays down the importance of psychoanalysis. Throughout the book the author makes medical history come alive with anecdotes and details about the major characters in the story, ensuring the book's appeal to all those interested in the history of science and mental health issues.



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PSYCHIATRIC DISORDERS WITH A BIOCHEMICAL BASIS

By David Donaldson. Pp 214. £28. The Parthenon Publishing Group. 1998.

This book deals with a subject which is often neglected or overlooked in clinical practice. It presents in a very easy to understand manner, and includes detailed information on psychiatric disorders with a biochemical basis, together with biological disorders which have a psychiatric component.

What is most striking about the book is the method of presentation, which makes it useful for a broad spectrum of readers, including those working in the fields of psychiatry, general medicine, paediatrics, chemical pathology, biochemistry and nutrition. It will also be useful for students of medicine and nutrition.

The book opens with a discussion of the basic principles of neuro-anatomy and neurochemistry, with detailed information on the neurotransmitters, including their involvement in disease states. It also covers the psychological or psychiatric consequences of biochemical, metabolic and endocrine disturbances, with sections on toxicological, pharmacological and nutritional aspects. The nutritional aspect covers issues related to psychiatric disorders from vitamins deficiencies and toxicity and mineral metabolism. In chapter 9 there are tables listing laboratory investigations of psychiatric disorders which can serve as a brief guide for those who are confronted with patients with psychiatric problems. The final chapter is on the psychiatric consequences of disorders of the developing brain and covers the anatomical, biochemical and cellular basis of fetal brain development.

Another important aspect of the book is the case reports. Most of these have been painstakingly documented by the author with details of date and evolution of symptoms and test results. They are placed appropriately to illustrate the text, but in most cases the actual diagnosis does not appear prominently. This gives the reader the opportunity of treating each discussion as a diagnostic challenge, by working through the clinical history and investigations before reading the analysis and comments section.

It is worth noting that many standard text books on psychiatry do not place sufficient emphasis on the chemical aspect of psychiatric disorders. This book is clearly presented, informative and easy to read with an extensive range of references. The print is good, with a colourful hard cover, and it should be useful to anyone who needs to learn psychiatry or treat patients with psychiatric disorders.

A B Okesina

HANDBOOK OF PSYCHIATRY FOR PRIMARY CARE*

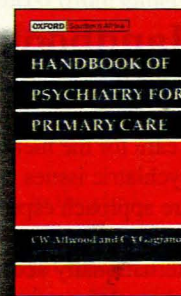
Edited by C W Allwood and C A Gagliano. Pp. x + 326. R130. Oxford University Press. 1997. ISBN 0-19-571182-3.

Psychiatry textbooks can become extensive and overwhelming in size. This publication succeeds in covering the needs of busy primary health care workers. The approach provides information and introductions to the various subdivisions of psychiatric disorder as well as management techniques. Ease of reference is achieved by short chapters which include simple tables and diagrams. Most of all the pocket-sized style is attractive and practical to use at the site of service delivery.

Psychiatric conditions, age groupings and presentations are comprehensively covered. The multiple authors have managed to identify with both the patient and provider in the South African scene. The clinical disorders are those encountered in daily practice. Definitions are brief and clear and the management techniques are sufficient for a first reference. A useful bibliography guides the reader to other texts to extend his/her knowledge of a particular area. The appendix included both the ICD-10 and the DSM IV classification as primary care versions. These together with an excellent glossary of terms makes the book ideal for the reader to refer on site.

All members of the primary care team will benefit from this book, particularly medical and nursing personnel and social workers, both as an available update and quick reference. The book will greatly contribute to the care of patients with psychiatric/psychological disorders.

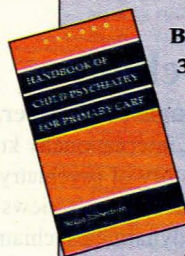
T Zabow



HANDBOOK OF CHILD PSYCHIATRY FOR PRIMARY CARE*

By Brian Robertson,
368pp, pvc/flexicover, R150

This handbook provides straightforward information on the diagnosis, aetiology, and treatment of all major psychiatric disorders that affect children and adolescents. Comprehensive, authoritative, and compassionate.



* These books are available directly from SAMA Health and Medical Publishing Book Department, Private Bag XI, Pinelands, 7430, tel. (021) 531-3081, fax (021) 531-4126, e-mail multimedia@samedical.co.za or jstrydom@samedical.co.za