

PARKINSON'S DISEASE: A COMPLETE GUIDE FOR PATIENTS & FAMILIES. SECOND EDITION. 2007. By William J. Weiner, Lisa M. Shulman, Anthony E. Lang. Published by Johns Hopkins University Press. 278 pages. Price C\$20.

This book is written for Parkinson's disease (PD) patients and their families. The language is straightforward and the topics are broached in a direct manner. The authors admit to some redundancy to allow chapters to be read out of order as one would a reference book. Using plain language and a caring tone, the book is hopeful yet realistic. The book covers all aspects of PD but contains appropriate warnings such as one that the chapter on advanced disease will cover issues that many patients and families will never have to deal with.

I was impressed with the depth and breadth of knowledge covered in a guide directed at patients and families. Discussions of research include placebo controlled trials, the DATATOP study and survival studies. Supplementary material includes photos of typical assessments such as the postural challenge test; tables of differential diagnoses, drugs that may induce a Parkinson-like state, drugs used to treat PD; and graphics of the brain including a figure showing the site of a deep brain stimulator electrode and stimulating box. Handwriting samples of both Parkinson's disease and essential tremor patients have been included. Surgery including sham surgery is discussed as is the potential drug interaction between SSRI's and selegiline.

The book is well organized and has a natural flow to it. Each chapter starts with a handful of questions which are fully answered within the chapter. The authors reinforce that there is no "magic" involved in diagnosing PD - the clinician must review the history and physical exam to make the diagnosis and that diagnosis may change over time.

Practical aspects of the illness such as speech, swallowing, bowel/ bladder function, and sexual function are discussed; other non-motor features including dementia, psychiatric and behavioural aspects of Parkinson's disease have also been included. Medical and surgical therapies are discussed in appropriate detail. A chapter on diet, exercise, complementary and alternative strategies is provided with a balanced view and the warning that more work needs to be done to validate or refute the benefits of non-traditional therapy. The penultimate chapter discusses research in PD including basic science and clinical research, animal testing, the importance of research and why it takes so long for the latest discovery to be tried in people. The final chapter is "Questions and Answers" that the authors' have selected from questions commonly asked by patients including defining symptomatic vs. neuroprotective therapies, prognosis, food and alcohol, work and leisure, and other practical issues. Resources are listed at the back with contact information including websites of the main organizations involved with Parkinson's disease research and education. As this text was printed in the US, most information is on American-based organizations although they do include the Parkinson Society Canada.

This book may be too much for some patients and families given its length and scope of content. I found its clarity superb and one can imagine eavesdropping on conversations between physician and patient. Given its target audience this book certainly hits the mark and is modestly priced. For non-movement disorder physicians who

deal with Parkinson's patients this is a worthwhile reference. I plan to provide a copy for the nurses who work in my clinic to enhance their knowledge of PD.

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DIGITAL NEUROANATOMY - AN INTERACTIVE CD ATLAS WITH TEXT. 2006. By George R. Leichnetz. Published by John Wiley & Sons, Inc. 92 pages plus CD. Price C\$90.

The author is an anatomist who works in the department of anatomy and neurobiology in The School of Medicine at Virginia Commonwealth University. The book and interactive CD are primarily aimed at students in their first year in medical neurosciences. The book consists of 6 chapters:

- Chapter 1 - Light Microscopic Neurohistology
- Chapter 2 - Electron Microscopic Neurohistology
- Chapter 3 - Skull Meninges and Spinal Cord
- Chapter 4 - Gross Anatomy of the Brain
- Chapter 5 - Sectional Anatomy of the Brain
- Chapter 6 - Introduction to Brain Images/MRI's

The chapters are well illustrated and in general the illustrations are well labeled. The information in chapters 1-5 is accurate except for a few areas noted below.

The images in the book are black and white as opposed to color as in the CD. Thus the choice of gray lines on a mainly gray background is a poor one since the lines extending from the labels to the object of interest are barely visible on some images. The labeling of the illustrations contains a number of errors or omissions. The labels themselves are sometimes missing letters or completely absent.

Chapter 6 titled Introduction to Brain Images/MRIs presents a major problem.

First the quality of the images and pulse sequences (e.g. spin echo imaging) does not reflect current MRI imaging. These images are probably at least 10 years old. The major fault however is in the numerous errors in this section. Arteries outlined due to their flow voids are incorrectly called contrast enhanced.

Axial horizontal images are displayed on their sides in both the book and CD, not vertically as is the standard for displaying and interpreting MRI studies. There is no label as to right or left side on the images.

The term "cerebrovascular accident CVA" is a meaningless term and should not be used for a specific entity such as infarct or hemorrhage. Unfortunately the errors mentioned above are also found on the CD and more errors are made e.g. an astrocytoma is referred to as a "benign" neoplasm. "Temporal lobe" meningioma does not originate in the temporal lobe as stated but in the dura and it compresses the temporal lobe. T1 weighted images with gadolinium enhancement are not labeled as such.

The CD interactive program is well designed and organized with a quiz contained in each section. The sections on light microscopy, electron microscopy, skull meninges and spinal cord and gross and sectional anatomy of the brain are very easy to use. One can study a whole section or go to a specific topic. The anatomic specimens, photographs of the skull, brain and spinal cord, histological light and EM slides are sharp, clear and detailed. Letters either overlie or