

book. Physicians of any specialty background whose practice is heavily loaded with migraine sufferers will find this a most useful reference text to have not only on the shelves of their library but close at their elbow on the desk in their office or clinic. I frequently referred to the previous edition and undoubtedly will as often refer to this second edition.

*Robert F. Nelson
Ottawa, Ontario*

PARKINSON'S DISEASE. A COMPLETE GUIDE FOR PATIENTS & FAMILIES. 2001. By W.J. Weiner, L.M. Shulman, and A.E. Lang. Published by Johns Hopkins Press. 256 pages. C\$25.52 approx.

This book is primarily based on experience of the authors in dealing with Parkinson's disease patients and their families. It is divided in five parts and each part has several chapters. Part I includes introduction to Parkinson's disease. Part II deals with signs and symptoms and is divided into five chapters covering severity of the disease, psychiatric symptoms and behavioral changes. Part III includes diagnosis and distinction between different Parkinson syndromes. Part IV focuses on treatment of Parkinson's disease and is divided into four chapters which include scientific basis of drug therapy and the currently available drugs, surgical treatment, other issues such as diet, exercise, and alternative therapies. Part V addresses the impact of other illnesses, hospitalization, and the current status of research. The final chapter deals with questions frequently asked by patients/families. They have also provided a list of resources which can be accessed by the patients for further information.

Each chapter starts with several questions, e.g. "Who gets Parkinson's disease?, How common is Parkinson's disease?, Is Parkinson's disease related to aging?, Is it inherited?", etc. They address each question effectively using language which a non-medical person can understand. Understandably, no book can extensively deal with all the issues related to Parkinson's disease. They have, however, produced a comprehensive coverage for the patients/families. The book deals with most of the pertinent scientific, day-to-day patient care, and social issues related to parkinsonism. They have provided well-balanced information, which would be helpful for patients to achieve good grasp of the disease and ask more focused questions for deeper understanding.

A patient may hear of successful use of a new drug in animals, a drug which some friend has benefited from, or the miraculous surgical benefit and ask why she/he cannot have that treatment. Those who read this book would better understand why certain forms of treatment are not possible.

There is some repetition which lengthens the volume. It is, however, desirable as a patient may be interested in only one chapter. There is internal consistency, i.e. the information provided in one chapter is not contradicted elsewhere.

While the book deals with the disease profile in the majority of the patients, those who do not conform to that would ask more questions, as different Parkinson variants respond differently to treatment. They have clarified that the diagnosis is based on clinical assessment alone and have noted that some more complex variants of parkinsonism may not become evident until sometime later. Therefore, the initial diagnosis provided to the patient should include a note of caution regarding evolution of the disease.

A list of drugs which produce parkinsonism has been provided. If a patient reads that and brings drug information to the physician, the diagnosis of drug-induced parkinsonism would become easier.

The book clearly states that the current treatment is aimed at improving the symptoms, and there is no cure. They also clarify that every antiparkinsonian drug produces reversible side effects, but none causes irreversible damage to the brain.

They point out the enormous ongoing research activity in Parkinson's disease. That would give hope to the patients/families.

The three authors are well-known experts in the field of Movement Disorders and have extensive clinical experience.

It is a highly recommended reading for those patients/families who wish to know more than is available in short pamphlets or manuals provided by nonprofit organizations.

The book is well-written, easy to read, and provides credible information. Although they have aimed at patients and their families, it will also be useful for family physicians, geriatricians, and internists who look after parkinsonian patients.

This volume should be available at all large Parkinson's disease clinics so it could be loaned to individuals who do not want or cannot purchase but wish to read it.

*Ali H. Rajput
Saskatoon, Saskatchewan*

NEUROLOGICAL SPORTS MEDICINE. A GUIDE FOR PHYSICIANS & ATHLETIC TRAINERS. 2001. Edited by Julian E. Bailes, Arthur L. Day. Published by American Association of Neurological Surgeons. 310 pages. C\$99.00 approx.

This practical and "user friendly" reference book is written as a guide for physicians and athletic trainers to help understand and manage their athletes suffering neurological sport injuries. Its soft cover format and inexpensive cost allow for portability which is of great value particularly in a readership that is often travelling with teams and trying to pack light. As well, parts of this book make an excellent text for primary sport medicine doctors or sport medicine fellows in the course of studying for particular parts of their specialty examinations. The book covers a wide variety of topics and has some particular strengths: In chapter 13, "Head, Spine, and Peripheral Nerve Injuries in Sports and Dance: An Encyclopedic Reference", one finds a beautifully organised and excellent review of each and every one of the particular athletic activities mentioned. Other strengths are notable including the excellent chapter by Spinner and Kline on peripheral nerve injuries in athletes as well as an excellent chapter by Lovell and Collins on neuropsychological assessment of the head-injured professional athlete. Generally not seen in such a textbook, the chapter on minimally invasive treatment options for athletes with spine injuries is done well and has interesting operative details particularly of benefit to athletic therapists who often are the first to communicate these approaches to their athletes. The practical inclusion of the Sideline Assessment of Concussion is very useful as the document is included in the chapter and has recently been validated and is currently receiving more attention. Barry Jordan, as usual, is an important contributor with his profound experience and understanding of boxing. There are some minor pitfalls related to redundancy within various chapters but of course this is always an issue with multi-authored textbooks. There is excessive information on neuropsychological