



## Exercise and Circulation in Health and Disease

*Edited by Bengt Saltin, Robert Boushel, Niels Secher, and Jere Mitchell. 360 pps. Human Kinetics, 1607 N. Market St., Champaign, IL 61825, 1999. \$59.*

I have had a keen interest in exercise physiology for nearly 20 years and found this book to be a valuable collection to my library. It clearly provides clinicians with a better understanding of cardiovascular function during exercise. Cardiovascular function during exertion in both healthy individuals and patients with cardiovascular disease are explored. Cardiovascular control during a variety of physical and environmental conditions is discussed. I found the section on cardiovascular regulation in microgravity to be particularly valuable.

This book is scholarly in its approach. It is well referenced. The progression through the book is rational and provides the reader with a strong understanding of the cardiovascular physiologic process during exercise. Numerous experts have participated in writing this book. Peter Raven, PhD, is a world authority on reflex regulation of blood pressure during exercise. John West, MD, is a distinguished scientist who has spent his entire life studying pulmonary circulation. Oxygen transport in the blood and to mitochondria is discussed by John Severinghaus, MD, truly a pioneer in the area of physiology.

Cardiovascular regulation in disease is intensely reviewed. I was particularly impressed with the chapter on orthostatic stress and autonomic dysfunction. This is a difficult topic, which was very understandable and definitely augmented by my understanding of this area of disease.

I recommend this book to all physicians

who are interested in the physiology of exercise and particularly those who care for patients with cardiovascular disease.

**Gilbert E D'Alonzo**  
Editor in Chief

## Geriatrics at Your Fingertips

*By David B. Reuben, MD; George T. Grosberg, MD; Lorraine C. Mionn, PhD, RN; James T. Pacala, MD, MS; Jane F. Potter, MD; Todd P. Semla, MS, PharmD. 150 pps. American Geriatrics Society, 770 Lexington Ave., Suite 300, New York, NY 10021. 1998/99. \$14.75.*

*Geriatrics at Your Fingertips* is a pocket-sized quick reference book that provides clinicians with geriatric content that could be very valuable in the clinical setting. For its size, this book is comprehensive because it delivers its contents succinctly and includes a large number of tables and diagrams. This 150-page paperback is divided into 34 chapters. The geriatric syndromes, consisting of dementia, urinary incontinence, and falling, are covered concisely but adequately enough to aid primary care physicians in the appropriate workup and management of these important conditions in elderly patients. A chapter is allocated to the physiologic process of aging and approach to geriatric patients. Drug prescription for elderly patients is covered nicely and a table that reviews drugs to avoid in elderly patients should be very useful in the clinical setting.

Also helpful to clinicians is a collection of frequently used standardized assessment tools such as the "Mini-Mental State Examination" and other tools used to assess function and affect. The book includes a screen-

ing test for alcoholism in elderly patients as well as an assessment for screening for hearing loss. These tools are of tremendous value to the clinician confronted with the assessment of a frail elderly patient. A significant degree of attention is given to mental health issues in this book. Chapters on depression, anxiety, psychotic disorders, and alcohol and drug abuse provide current reviews and management strategies of these important issues in geriatric care. Nutrition, pain management, sleep disorders, and women's health in the elderly are reviewed, and up-to-date approaches for management are presented. The chapter on infectious diseases in elderly patients includes a multipage table listing several antibiotics, their routes of administration, and dosages that are frequently used in geriatric care. Common geriatric dermatologic conditions are reviewed in a table format presenting the condition, description of clinical features, and treatment.

*Geriatrics at Your Fingertips* also includes a chapter dedicated to the Omnibus Budget Reconciliation Act (OBRA) regulations invaluable to clinicians caring for nursing home residents. Surprisingly, however, the authors failed to include chapters on iatrogenesis, rehabilitation, and ethical issues in the elderly.

*Geriatrics at Your Fingertips* is a must for the clinician caring for elderly patients. It contains state-of-the-art material presented and formatted in a manner that is truly geared to geriatric patients. Information in this book can be valuable with regard to assessment, differential diagnosis, or management of geriatric syndromes and conditions and can aid clinicians in providing high-quality care for their elderly patients.

I highly recommend this book to medical students, house officers, primary care physicians, and specialists who are involved in clinical care of elderly patients. No doubt the authors, as well as the American Geriatrics Society, should be commended for their valuable contribution to enhance the quality of care for elderly patients. ♦

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