



Osteoporosis: Unmasking a Silent Thief

By Raymond E. Cole, DO, CCD. 309 pp. Wellpower Publications, 107 Chicago St., Brooklyn, MI 49230. \$25.

Osteoporosis has been transformed from an obscure disease with few options for prevention or treatment to a disorder that is clearly predictable and preventable. While medical practitioners battle over questions of safety regarding different modes of treatment, the public is primarily interested in preventing osteoporosis. Getting test-rationalized-physicians to add another preventive "vital sign" to their exam, particularly an expensive one, has been difficult.

Dr Cole's book, *Osteoporosis: Unmasking a Silent Thief*, is geared toward the public, but contains a tremendous amount of information useful to medical students and practitioners. Although it is not a textbook per se and lacks in-depth analysis of bone physiology and a complete index, it does contain information a practitioner needs to treat people with osteoporosis.

The nicest feature of the book is that it is highly readable. The writing flows nicely while providing an abundance of facts readers can use. The book is broken up into three parts. The first part defines the asymptomatic nature of the disease and its dangerous outcomes, which include fractures and loss of structural function. Osteoporosis is compared to high blood pressure and its resulting damage to particular organs. The second section covers diagnosis of the disorder and reviews test options and how each may be implemented. Part three explores modes of treatment and prevention, including practices that preserve bone health, vitamins needed to maintain healthy bones, and sixty pages of exercises for preventing osteoporosis for use by patients who have osteoporosis. The book

ends with a glossary that covers the language a patient will need to talk with a practitioner about the disease. A list of national resources for people who want more information is also included.

Dr Cole has a Web site at www.osteotest-center.com that features an abbreviated form of the book. Although not interactive, the site reinforces important points regarding the disorder. At \$25, the book is a bargain compared to more expensive textbooks. This book is a welcome addition to osteoporosis literature, sure to be well-received by patients and practitioners alike.

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Edgar Cayce: An American Prophet

By Sidney D. Kirkpatrick. 564 pp. Riverhead Books, Penguin Putnam, Inc, 375 Hudson St, New York, NY 10014. 2000. \$30.

This book will be of interest to osteopathic physicians because it depicts Cayce's relationship to a number of them (as well as to other physicians and healthcare providers) as a result of his psychic health "readings." Of particular interest are Cayce's readings for people such as George Gershwin, Woodrow Wilson, Thomas Edison, and the Rockefellers, as well as others.

This referenced work is the result of the author's study of the thousands of cataloged Cayce readings as well as interviews with hundreds of people. Of the many biographies written about Cayce, it is the most definitive and thorough.

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