

**Facing Age****Nancye Bourke**

Auckland: Exisle Publishing Ltd; 2005

224 pages, RRP \$29.99, ISBN 0-908988-52-4

This is not a book just for doctors, nor is it just for older people; it is a book that should be read by all. For general practitioners it is a delight to have a book about ageing that is written for New Zealanders and that we can recommend to any of our patients.

Although *Facing Age* is divided into three sections, 'Ageing Parents', 'The Family' and 'Yourself', each section contains information relevant to all family members. Nancye Bourke has not written a book on 'how to do it' but she does cover all of the issues that we are likely to face

during the later years of our lives. It should stimulate families to consider, discuss and plan for the years ahead.

As an active general practitioner in the later years of my professional career, I am happy to have this book in my consulting room. Not only will I recommend it to my patients but I will also dip into it from time to time to review issues of relevance to myself and my family.

*Tony Townsend**General Practitioner***When Lightning Strikes: an illustrated guide to stroke prevention and recovery****Valery Feigin**

Auckland: HarperCollins; 2004

192 pages, RRP \$34.99, ISBN 1-86950-535-2

When we talk with our older patients, who present with often vague and atypical symptoms, it becomes clear that one of their greatest fears is that they may be going to have a stroke.

Valery Feigin has written a book that is an evidence-based guide for those who do not have a professional medical background. He describes the different types of stroke and discusses risk factors, prevention, acute stroke management and post-stroke care. There is a section directed towards those who care for stroke patients and the appendix includes useful dietary advice and community contacts (including

the Stroke Foundation of New Zealand). The book is well illustrated and the series of photographs on active mobilisation for stroke patients is particularly useful.

I suspect that the book will not be read from cover to cover by either stroke patients or their families but that they will value being able to read sections relevant to their own situations. I will have no hesitation in recommending this book to both stroke survivors and their families.

*Tony Townsend**General Practitioner***How To Treat Yearbook 2004****Australian Doctor**

Published by Elsevier Australia

Hard Cover, pp322, RRP \$99

This is the inaugural edition of a hard cover book containing all the *How to Treat* articles published in *Australian Doctor* over 12 months.

This format provides an excellent way to store and reference the articles. The book contains 49 articles covering a wide breadth of medical information, from precocious puberty to breast implants and offensive body odour to haematuria.

Those familiar with the articles need no summary of the well presented content. Depending on the article there is an introduction by the guest author, important features of a consultation or discussion of the procedure, a discussion of the differential diagnoses and/or anatomy and physiology, then an author's case study and a contribution from a GP. Some articles finish with a quick quiz.

# Review

A lot of the articles are accompanied by appropriate and informative colour photos, well-presented diagrams and tables. I find excellent diagrams or pictures can be an effective adjuvant to educational articles. The quality of the photos in these articles is brilliant. If there is one complaint it would be that there is a large amount of written information, and it is presented in column format and the writing is quite small. However, that gives an opportunity to include a wealth of quality and expert knowledge on each of the topics.

With such a vast array of different areas of medicine covered in a well-presented format, this

will make an excellent source to refer to for a GP. With each year adding further amounts of information, a comprehensive library can be formed. Fans of the How to Treat articles will find it hard to turn to turn this book away. Others may soon be converted.

*Australian Doctor's How to Treat Yearbook 2004* is available from Elsevier Australia (Tel: Australia 02 95178999 or 1800 263 951), Website: [www.elsevier.com.au](http://www.elsevier.com.au) or your medical bookshop.

Symon Roberton  
GP Registrar