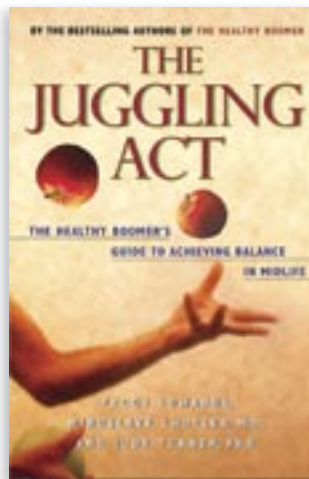




Book Reviews

The juggling act. The healthy boomer's guide to achieving balance in midlife

authors: Peggy Edwards, Miroslava Lhotsky, Judy Turner
McClelland & Stewart Inc, Suite 900,
481 University Ave, Toronto, ON
M5G 2E9; **telephone** (416) 598-1114;
fax (416) 598-7764;
website www.mcclelland.com
2002/214 pp/\$24.99



optimal health; getting enough play time and enough exercise; quitting smoking; losing weight; watching ourselves, our friends, and our families age and get sick; and watching our parents die.

I found myself relating to several issues and am glad that I read the book when I did. I feel less alone knowing these are common themes. These are times when simple pleasures should be seen as most important: relationships, sharing, giving, mastery, and gratitude. Daily gratitude and random acts of kindness can go a long way. I can see this book being a useful prescription for my patients.

—Janet Dollin, MD, CCFP

Dr Dollin is an Assistant Professor in the Department of Family Medicine at the University of Ottawa in Ontario, and is Director of the Office of Gender and Equity Issues in the Faculty of Medicine at the University of Ottawa.

OVERALL RATING Very good
STRENGTHS Easy to read, relevant, and helpful
WEAKNESS Simplistic at times
AUDIENCE Men and women born between 1946 and 1964 and anyone who reaches midlife

What happened to the joy in our lives? This book very deftly describes the time crunch we all face in trying to find that elusive balance between our personal and professional lives. It is this overly busy balancing act that drains us of joy. The authors explain that, if we can once again take charge of how we spend our time and energy, we can reclaim that joy. They describe some very specific strategies for making positive life changes. Each chapter ends with an assignment and an upbeat note of humour.

This book reports on a survey the authors did, asking how people in midlife solve a number of issues that they seem to have in common. We learn a variety of coping strategies related to such issues as balancing work and play; achieving

Essentials of family medicine, 4th edition

authors: Philip D. Sloane, Lisa M. Slatt, Mark H. Ebell, Louis B. Jacques
Lippincott Williams & Wilkins, 530 Walnut St,
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fax (410) 528-4305;
website www.Lww.com
2002/827 pp/\$44.95

OVERALL RATING Very good

STRENGTHS Interesting, captivating, resourceful teaching material; chapters are easy to read and evidence based; theory and practice applications are well linked and present a simplified and practical way of dealing with complex family medicine issues, such as fibromyalgia, chronic fatigue, and challenging patients. All chapters are clear, concise, accurate, and up-to-date

WEAKNESSES Omits important sections, such as geriatrics, emergency medicine, minor surgical procedures, pharmacology, research, obstetrics, and internal medicine. No mention is made of the patient-centred clinical method. No insights into or innovation for family practice networks, multidisciplinary integration, links between family practice and hospital practice, and the role of family doctors in these settings are offered

AUDIENCE Family physicians, general practitioners, family medicine residents, medical students, nurses, palliative care providers, sports medicine physicians, clinical preceptors, and postgraduate family medicine teachers

This book is unique in its presentation and relevance to family medicine. Most other family medicine books still use the old methods of relying on specialist-oriented information and applying this to family practice. This is not true family medicine.

In this book the authors have combined their extensive experience with the latest evidence-based research to come up with original family practice topics and have used these topics as a base to further enhance family medicine as a unique specialty in its own right. Specific topics include challenging patients, fatigue, dysuria, headache, addiction, end-of-life care, ear pains, and neck pains.

The chapters are easy to read, interesting, and accurate, with detailed, simple management plans that are current and evidence based. Problems are presented as we see them in daily practice. Diagnostic

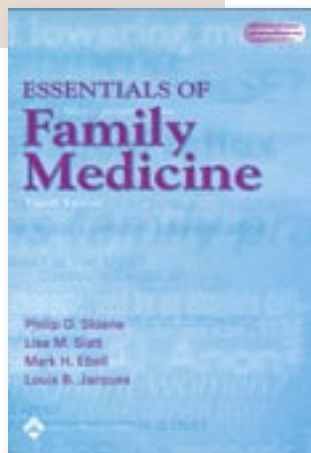
solutions are simple and practical, and many of them can serve as guidelines for how family physicians conduct themselves in daily practice, for example, what type of tests to order, which clinical maneuvers to elicit specific clinical information from complex clinical problems, when to refer patients, and whom to refer to specialists.

The authors have also presented in certain instances provocative and soul-searching comments on outdated clinical maneuvers like the Homans sign, which is a medical relic. Instead, current clinical guidelines have been incorporated, such as the Ottawa ankle and knee rules and guidelines on diagnosing deep vein thromboses. Each chapter concludes with case scenarios. Each chapter flows into the next, which makes interesting reading.

I highly recommend this book, and I am convinced it will gather no dust in any library collection.

—Leonard E. Lockman,

MB CHB, MFAMMED(SA), MD, CCFP



Dr Lockman practises at the Dakota Medical Centre in Winnipeg, Man.

Botanical medicines. The desk reference for major herbal supplements, 2nd edition

authors: Dennis J. McKenna, Kenneth Jones, Kerry Hughes, with Sheila Humphrey The Haworth Herbal

Press, 10 Alice St, Binghamton, NY 13904-1580 USA;

telephone toll-free 1-800-429-6784 (United States and Canada only);

toll-free fax 1-800-895-0582 (United States and Canada only);

e-mail orders@haworthpressinc.com;

website www.haworthpressinc.com

2002/1140 pp with index/\$79.95

(US, softcover); \$169.95 (US, hardcover)

OVERALL RATING Very good

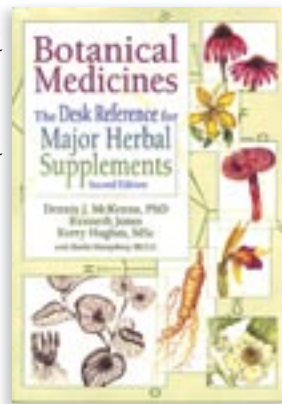
STRENGTHS Well organized; extremely thorough and clear review of clinical studies of each herbal supplement; includes good selection of frequently used supplements; describes use of herbs during pregnancy and lactation

WEAKNESSES Sections on clinical use of each supplement are neither detailed nor specific

AUDIENCE Physicians and other clinicians interested in knowing the scientific evidence relating to use of herbal supplements

This book covers, in detail, 17 of the most commonly used herbal supplements, including chamomile, cranberry, *Echinacea*, *Ginkgo biloba*, ginseng, green tea, saw palmetto, St John's wort, and valerian. It is extremely well organized, which helps greatly in navigating its 1138 pages.

Each chapter begins with botanical data, followed by history and traditional uses of the herb. The ensuing section describes its chemistry, detailing various categories of clinically active compounds, at times



accompanied by diagrams of chemical structures. The therapeutic applications section is unfortunately not very thorough, but the preclinical and clinical studies sections are exceedingly well developed.

Many key studies are presented and discussed, divided by systems (eg, cardiovascular, renal, immune modulation). This allows readers to make up their minds about the data. Finally, there are sections on dosage, contraindications and drug interactions, and use during pregnancy and lactation. The latter is particularly welcome because this is rarely discussed for herbs.

This well written and thorough book would be interesting for clinicians who want to increase their knowledge of the scientific evidence for using these common herbal supplements. It would be less useful for clinicians who want to learn when to use these herbs in their practices.

—Thomas Minde, MD, CCFP

Dr Minde practises family medicine in Wakefield, Que, and Ottawa, Ont.

The bully, the bullied, and the bystander

author: Barbara Coloroso

HarperCollins Publishers Ltd, Suite 2900,
Hazelton Lanes, 55 Avenue Rd, Toronto,
ON M5R 3L2; **telephone** (416) 975-9334;
fax (416) 975-5223;

website www.harpercanada.com

2002/218 pp/\$34.95

OVERALL RATING Very good

STRENGTHS Research-based, clearly written and practical, case examples, emphasizes societal influences, provides broad and specific interventions

WEAKNESSES Does not address treatment of other family risk factors associated with bullying

AUDIENCE Family physicians conducting family therapy, clinicians, teachers, and parents

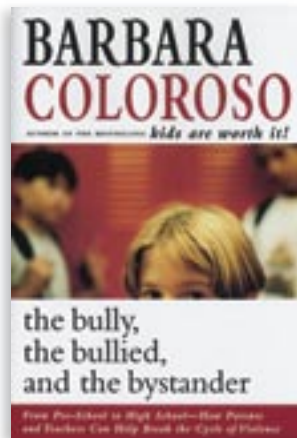
In addressing its objective of helping parents and educators break the cycle of violence associated with bullying, the book has a moving first chapter, documenting specific tragedies around the world that have resulted from bullying. Generally, the book is divided into two parts: part 1 lays the foundation for the rest of the book and describes the bully, bullied, and bystander. Part 2 focuses on interventions, appropriately beginning with the home environment.

This book is science-based and aims to integrate current knowledge and practice into the identification and treatment of bullying. It provides interesting characterizations of bullies, including their cognitions or thought processes. Similarly, children who are most likely to be bullied are described, along with helpful warning signs signaling abuse.

The second part of the book focuses on family interventions, which is in keeping with current research demonstrating the effectiveness of family and parenting interventions for problem behaviour

and criminality in children and adolescents.¹ The book has specific examples of how parents should deal with such issues as sibling rivalry. It is emphasized that everyone must take responsibility and has a role in eliminating bullying behaviour. One of the many strengths of this book is the emphasis on prevention, focusing on the quality of the early home environment as a key element.

The book, however, does not address many of the documented risk factors associated with bullying. Child factors and parenting style are but two of the many risk factors associated with the emergence of young children's conduct problems. Other family factors, including low socioeconomic status, social support, and stresses (mental illness, alcohol and drug abuse, unemployment, marital conflict, divorce, little education) should be targeted in interventions. Although these factors are implied



in the kinds of families described, they constitute independent factors in and of themselves and deserve separate treatment. Any book that is intended to help families should address these factors directly, as the problems exhibited by children are often a symptom of family dysfunction.

I strongly recommend this book to parents, educators, clinicians, and physicians working with families.

—Marjolaine Limbos, MSW, MA

Ms Limbos is a doctoral student in school and child clinical psychology at the Ontario Institute for Studies in Education at the University of Toronto in Ontario.

Reference

1. Woolfenden SR, Williams K, Peat JK. Family and parenting interventions for conduct disorder and delinquency: a meta-analysis of randomised controlled trials. *Arch Dis Child* 2002;86:251-6.