

A COLOR ATLAS OF PTOSIS. A PRACTICAL GUIDE TO EVALUATION AND MANAGEMENT

J J Dutton
1989. P G Publishing

This well illustrated handbook, which is intended as a guide to the surgical management of simple ptosis is available at a very affordable price for the resident-in-training, occasional eyelid surgeon and junior oculoplastic fellow.

The author had thoughtfully included only the four essential surgical techniques and describes mainly the anterior approach, which will enable the surgeon to treat most cases of uncomplicated ptosis encountered in actual clinical practice, without much difficulty. The discussions on the recognition of pitfalls and prevention of potential problems are relevant and would be helpful.

High quality illustrations in both photographs and diagrams, which are appropriately laid out in a step by step manner, would serve as a very easy and quick check and guide just prior to and even during surgery.

This is understandably not a reference book and although there is an attempt to give a relevant list of reviews, a more updated list in some of the chapters would be desired.

Overall, the book is a very readable and comprehensive introduction to ptosis management.

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HANDBOOK OF INTERNATIONAL GERIATRIC MEDICINE

A Merriman
1989. P G Publishing

The timing of the publication of this book is appropriate. The developing world is about to experience a rapid increase in the proportion of elderly people within its population.

This will affect the workload of most doctors and many will need some knowledge of the special needs of the elderly both in terms of diagnosis and treatment and in the development of support services.

The book is not intended as a comprehensive medical textbook but it does serve to highlight the most common problems encountered when dealing with the aged patient. It is clearly written and laid out with helpful illustrations, figures and tables.

The psychological aspects of ageing are outlined and emphasis placed on the need to respect the wishes of the patient rather than the relatives.

The chapter on falls in the elderly is an excellent account of a problematic area – the algorithm is much appreciated. Including a chapter on pressure areas is to be commended. However, the advocacy of the use of eusol in the management of established pressure sores should be reconsidered in the light of evidence suggesting that eusol has a harmful action on surrounding healthy tissue.

Incontinence and Parkinson's disease are particularly well documented – the table outlining the management of Parkinson's disease is useful. I feel greater emphasis could have been placed on the role of selegiline in the treatment of the disease.

Advice regarding when not to treat hypertension is appropriate but a regime for digitalisation in the elderly could cause confusion and decrease compliance.

There is an excellent chapter on the management of diabetes mellitus with useful practical advice.

The chapter on the care of the terminally ill is very informative although I found the figure illustrating four-hourly versus eight-hourly medication confusing.

The discussion on euthanasia versus hospice care is sensitively written. It is a difficult area but Dr Merriman adopts a rational approach. The need to consider the

patient first above all else is rightly emphasised.

It is an enjoyable volume and one I would recommend to every practitioner who will be involved in the forthcoming, inevitable elderly population explosion.

Dr R Owen
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PRACTICAL OCCUPATIONAL HEALTH

W O Phoon
1988. P G Publishing.

For doctors, nurses, public health inspectors and anyone concerned with occupational health in this region, the author needs no introduction. As Professor of Community, Occupational and Family Medicine from 1970 until his retirement in 1987, his tremendous contribution to the growth of occupational health in Singapore is widely known. Active as always, he is currently, among other things, Professor of Occupational Health at the University of Sydney and Director, National Institute of Occupational Health and Safety, Worksafe Australia.

Concise, practical and very readable, this book will, I believe, meet the needs of family and community doctors, medical students and occupational safety and health personnel. I hope it will also stimulate them to read further, when faced with a problem. Well-illustrated with tables, diagrams and photographs, the book also contains many anecdotes and comments which only a teacher and practitioner of the author's experience can provide.

The book is divided into five sections covering a wide sweep of the "essentials" of occupational health. In the first two sections, the author introduces the reader to the principles and methods involved. The last three sections cover some basic concepts in occupational health practice as applied to specific exposures, special sectors and special problems.

The prominence given to the roles of the occupational health team and international agencies in the first section underlines the importance of team-work and international effort in the control of occupational health problems.

Principles of community and mental health aspects are also stressed in this section.

The second section on Methods in Occupational Health Practice touches on a range of topics, from organisation of occupational health services and routine medical examinations to occupational hygiene, safety and first aid. Aspects such as epidemiological approaches and ergonomics are discussed in some depth.

Applications in specific exposures (viz. physical, chemical and biological hazards) are covered in the third section. Included in this section are the important subjects of dust diseases of the lungs, occupational dermatosis and cancer. In the fourth section, the author focuses on occupational health practice in certain sectors, from workers in agriculture and small-scale industries to executives, office and health workers.

The last section touches on a number of special problems and issues, ranging from sickness absence, shift work, work-related diseases and reproductive risks to ethics in occupational health. Annexes include useful sources of information, some health-based limit values and tips on how to inspect a worksite.

Overall, this book should provide a practical and balanced introduction to occupational health for those interested in this field.

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