

being overly simplistic. The chapters are short and easy to read, such that residents and students may find this text useful for study. Though it is not a textbook meant to prepare one for pulmonary board exams, it is more than sufficient for the level of exams that are given to medical students, and it seems to be adequate preparation for the in-training examinations of residents in family medicine. It is also a nice text for teaching in a more-didactic manner. For example, one could assign a chapter to a student or resident to present on rounds the following day, or potentially it could be assigned as reading for the team while caring for a patient with a related illness on the ward. Personally I think that this book is a worthy addition to the library of any busy family physician, whether in private practice or a teaching environment.

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Nutritional Health: Strategies for Disease Prevention, Second Edition, Norman J. Temple, Ted Wilson, David R. Jacobs Jr, eds, Totowa, NJ, Humana Press, 2006, 465 pp., hardcover.

Nutritional Health: Strategies for Disease Prevention, Second Edition has reset the standard for nutrition textbooks in the 21st century. Thirty-seven nutrition opinion leaders and top researchers have shared their particular viewpoints, expertise, and recommendations on a variety of mainstream nutrition topics for the benefit of all who choose to read this book.

The book is partitioned into 26 chapters, each with a targeted focus. Health care providers and individuals interested in reading the book cover to cover will get a sense of the vast scope that makes up the field of nutrition. Those who choose to read specific chapters based on interest, or who randomly surf chapters, will find a simple,

easy-to-read summary at the beginning of each chapter titled "Key Points." Each chapter also provides an introduction, body (usually with useful tables, graphs, or figures), and conclusion or summary. The chapter authors liberally use references, most of which are up to date and pertinent to the discussion.

When reading the book, described by David Ludwig, MD, PhD, in the foreword as an "opus magnum," I wondered if the intent of the book was to be thought of as one. As a nutrition educator and professor in family medicine, I turn to nutrition books such as *Nutritional Health* to provide solid, evidence-based medical information that will shed light on controversial nutrition topics and clear up lingering confusion on selected nutrition-related issues. It was my hope to find in the 465 pages of *Nutritional Health* a path to a greater understanding of the world of nutrition and, indeed, I found that path.

Chapter after chapter, topics were raised and discussed in sufficient depth to provide the reader with enough information to allow for reflection and understanding. I specifically enjoyed the clinical nutrition chapters 4 through 14, since they were most pertinent to my teaching of both undergraduate and postgraduate medical trainees. Topics including medical nutrition therapy for diabetes, diet and blood lipids, diet and cancer, and others found favor with my clinical and academic pursuit of nutrition knowledge. I have even referred to some of the tables from these chapters in my teaching.

The latter section of the book, discussing genetically modified foods, nutrition promotion, and policy and Internet nutrition, among others, was of particular interest. These chapters serve to heighten the consciousness of the reader to the significance of nutrition across our ever-shrinking global network.

The variety of authors used to compile the chapters in this book

leads at times to some overlapping of information. However, this only serves to reinforce the relevance of vital nutrition issues and did not deter from the strength of the information.

I enjoyed the international flair and different perspectives the authors lent the book. Cultural differences among the contributing medical professionals, along with their contrasting opinions on topics ranging from value of supplements, dietary recommendations, and priorities for future research, provided a nice tableau for discussion regarding cultural influences on food and nutrition.

In summary, *Nutritional Health* is a wonderful book for academic-affiliated professors and nutrition educators such as registered dietitians. Medical students and residents would also find this book of value as an appropriate launching pad for researching questions about nutrition. The book fosters significant opportunity for lively debate and will certainly leave the reader feeling motivated to continue learning more about the vast field of nutrition.

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Medical Management of Eating Disorders: A Practical Handbook for Health Care Professionals, C. Laird Birmingham, Pierre J.V. Beumont, Cambridge University Press, 2004, 289 pp., \$55, paperback.

With the current focus on the obesity epidemic, one wonders if those at the other end of the continuum may be hearing the wrong message. The social acceptance of being thin and the association with "good" health, coupled with the societal preoccupation with dieting behaviors, may mislead those who struggle with eating disorders. It is estimated that up to 5% of women presenting to primary care offices

have an eating disorder. This being said, often these patients present to the primary care office under the guise of a superficial acute issue, allowing the eating disorder to go undetected until the disordered behavior is firmly planted.

In an attempt to heighten the ability for physicians, psychiatrists, clinicians, and other allied health professionals to detect, diagnose, and manage eating disorders, two professors of psychiatry have written the book *Medical Management of Eating Disorders*. This book is divided into two major sections, the first dedicated to the physiological aspects of eating disorders and the second detailing psychological aspects of eating disorders. The bulk of the material concentrates primarily on the two major eating disorders, anorexia nervosa (AN) and bulimia nervosa (BN), with a brief mention of binge-eating disorder.

One of the most useful aspects of the book is the ability to access information based on physical complaint or body system. The comprehensive coverage not only makes this a useful reference handbook but also serves as a valuable teaching tool. There is pertinent information about refeeding syndrome, nutrition, and medical manifestations of AN and BN. History taking and exam, testing, and differential diagnosis tables provide a snapshot of critical areas to be addressed in this population. Each body system is detailed with specific implications and findings for physicians and clinicians to review. Similarly there are color photos of physical findings to look for on exam. This information is useful for hospitalized patients as well as those seen in the office.

Some specialty populations, including those with chronic eating disordered behaviors, patients

who are pregnant, geriatric, and diabetic patients are reviewed with some unique considerations for treatment.

In addition, there is an entire chapter on the role of the primary care practitioner. Despite the fact that there is a chapter providing guidance to family and friends about eating disorders, the technical nature of the text lends itself to utilization by those in the professional realm.

As a teaching tool, the content is applicable to medical students, residents, and physicians, as well as behavioral scientists. In the day-to-day office setting, this book could be useful for a quick review, particularly with an eye toward differential diagnosis, and the material is diverse enough to be useful for didactic purposes as well.

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