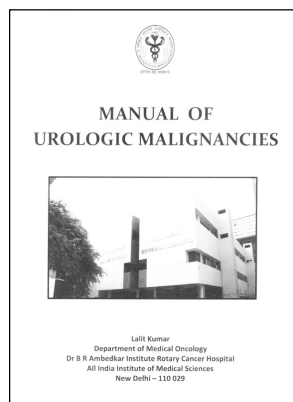


## Book Reviews

**Manual of Urologic Malignancies.** Lalit Kumar. Dr B.R. Ambedkar Institute Rotary Cancer Hospital, All India Institute of Medical Sciences, New Delhi, 2012. 80 pp, price not mentioned.



This is a pioneering effort in compiling all the urological malignancies and presenting an outline of their management in a lucid and easy-to-refer form. The most conspicuous attribute of this handbook is its point-wise and tabulated format rather than an intricate paragraph description. The author has outlined the indications for surgery, radiation treatment and concentrated on the systemic treatment, which is his specialty, i.e. medical oncology.

*Prima facie* this may irk a surgical

reader; however, one soon realizes that answers to many questions related to medical oncology pertaining to a surgical trainee are readily available in the manual. I firmly believe that residents-in-training associated with uro-oncology, be it surgical urology, medical oncology or radiation oncology, will benefit from this book.

The material in the book is well organized, reasonably up-to-date and uniformly presented for all cancers. Moreover, the author has given Indian data at places, which makes this book more useful. However, it is worth mentioning that guidelines and recommendations are quite dynamic in oncology, and uro-oncology is no exception. Therefore, the utility of the contents of this book and, for that matter, any book will keep on changing. Thus, the knowledge from the book should be imbibed in perspective and should be updated from time to time.

There are a couple of shortcomings. First, surgery and radiotherapy details have been completely sidelined, and this might restrict its readership. Second, although the author has detailed the indications, dosage and adverse effects of systemic therapeutic agents, he has not elaborated on 'how to administer' and 'how to follow-up for adverse effect'. This would have added to the usefulness of this book. Lastly, the absence of an index is conspicuous.

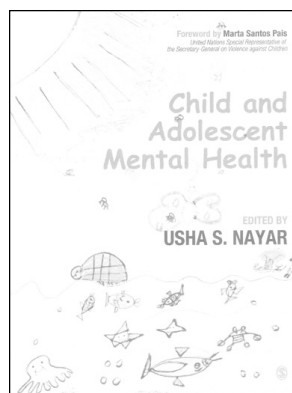
Overall, I welcome this handbook and would recommend uro-oncologists in the making or practising to have it on their book-shelf.

### ACKNOWLEDGEMENTS

I thank Drs Saurabh Jain and Sri Harsha, MCh (Urology), residents of my department, for help in reviewing this book.

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**Child and Adolescent Mental Health.** Usha S. Nayar (ed). Sage Publications, New Delhi, 2012. 363 pp, ₹1150. ISBN 978-81-321-0965-5.



Child and adolescent mental health is an important area. It needs special mention as issues related to children and adolescents are different from those concerning adults. There are few mental health professionals in developing countries and even fewer who practise in the field of child and adolescent mental health. This book highlights important issues specifically related to children and adolescents. It will be helpful both

for students and those working in the field of mental health.

The book deals with a number of specific country-related child mental health issues, using a multidisciplinary approach. It is divided into 6 sections and 22 chapters, with contributions from 38 authors. Each section focuses on a particular area related to child mental health. A few chapters are devoted to very specific issues, such as family group conferencing and raga therapy, which have not been discussed in earlier publications in this field. In the section titled, 'Economics', the authors have discussed cost-effective analysis and primary prevention, but do not clearly mention secondary and tertiary prevention. The question of economics in the context of child and adolescent mental health has largely been ignored in the existing literature. The authors have failed to provide a clear road map for resource-poor countries. The section on 'Clinical case studies' provides a clear picture of depression and suicide. However, bipolar disorders and other common disorders have not been covered in detail. It would have been of immense help to the reader if the book had also included chapters containing case studies of attention deficit-hyperactivity disorder (ADHD), conduct disorder and specific learning disorder. In the section on 'Special contexts', the authors have highlighted emerging mental health issues, such as the impact of HIV/AIDS, violence and the media, as these are important areas. However, a few of the chapters lack continuity.

The next section on 'Schools and school climate' deals with the effect of schools on the mental health of children, mental health of urban school-going children, and resilience and resourcefulness of disadvantaged children. However, some areas, such as the effect of the media on mental health, which has been partially covered in the previous section, have been discussed here again. Though the mental health of urban, school-going children in India has been covered, that of rural children has not been dealt with. It would have been worthwhile to cover this population as well, especially in view of the fact that the majority of children in rural settings struggle against a paucity of resources and lack of facilities. The next two sections cover child welfare and innovative practices, but most of the chapters are based on a single study, there being little evidence from other sources. The authors focus on issues that are relevant to a specific country, and this may not

be useful to other countries. In the chapter on 'Countering the rush to medication', the author expresses reservations about pharmacotherapy without giving much evidence, and regardless of the fact that in certain disorders, such as schizophrenia, bipolar disorder and obsessive-compulsive disorder, pharmacotherapy, together with non-pharmacological management, is a well-established modality of treatment. So, it is necessary to choose an appropriate modality of treatment for child mental health disorders.

Overall, the authors have done a good job. The book is readable, though some parts are difficult to understand. Considering the number of pages, the book seems highly priced, especially for the developing countries. The painting by a child on the cover page looks good and is contextually relevant. The layout and presentation of the chapters are attractive. However, there is a paucity of figures in the book. The addition of pictures and figures would have improved the design. Overall, this book may not serve the desired purpose for clinicians working with children suffering from mental health disorders. However, the authors have been able to achieve their aim by discussing various contemporary issues in this area.

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**Essentials of Health Research (A guide for the beginners).** Chitta Ranjan Chowdhury. NITTE University, Mangalore, 2012. 132 pp, price not mentioned. ISBN 978-81-921700-3-9.



The objective of this book is to help students and clinicians to conduct sound research in their field of interest. It is intended to cover a wide range of research types from animal experiments, laboratory research, surveys, epidemiological research, clinical trials as well as meta-analysis. It starts with the meaning of research, types of hypotheses, study designs and then goes on to clinical audit followed by research strategies and various types of research designs.

As many research studies are based on questionnaires, it is good that the author has presented a section on 'how to develop a questionnaire' and validate them. Two useful sections in the book are the glossary and appendices, including Helsinki Updates on the Regulation of Animal Experimentation. The author has also tried to briefly touch upon evidence-based practice and Cochrane collaboration.

The problem with the book is that most of it is written in telegraphic language. It gives an impression that powerpoint presentations have been printed out and collected in the form of a book. Some aspects do have descriptions that run into a few paragraphs, for example Section 3.2 on 'Honesty in research'.

However, it lacks details. For a beginner, it will be difficult to understand the concepts from the brief descriptions given in the book. I wish the concepts were explained better to help beginners understand them. Thus, it is uncertain that the 'beginners' who figure in the subtitle of the book will really receive the necessary guidance from the book.

The book may be helpful to those researchers who already understand the basic concepts and need to be reminded of the key elements of research methodology. However, for the beginner it may only serve as a list of bullet points which they need to understand by reading other available books or resources and keep in mind while planning, conducting or reporting research.

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**Three Decades of HIV/AIDS in Asia.** Jai P. Narain. Sage Publications, New Delhi, 2012. 468 pp, ₹895. ISBN 10: 81-321-0907-4.



The book focuses on various dimensions of the unprecedented threats posed by the AIDS epidemic in the areas of health and development in the countries of Asia. AIDS has been an important public health problem in Asia since the 1980s. The book covers a broad range of topics related to the epidemiology of HIV/AIDS in Asia, HIV transmission dynamics in different populations, emerging issues, the complexity of the task of prevention and control of the epidemic, and the responses of

various countries' to the epidemic. The contributors are well known and widely published researchers, academicians and programme managers in the region. Drawing upon their rich experience and expertise, they outline the success stories in the prevention and control of HIV/AIDS in Asia and also highlight the major challenges that remain to be addressed.

The history and progression of the AIDS epidemic is truly amazing. Among the latest catastrophes to hit humankind in recent times, it has had an immense economic and developmental impact and is a great burden on the health system, particularly in the African continent. AIDS is one of the most deeply and extensively researched areas, and the efforts to combat it represent a rare example of a forceful global, regional and national response and coordinated action. Significant progress has been made even in the resource-limited settings in Asia in creating awareness among the countries' less literate communities and attempts are being made to bring a large number of eligible AIDS patients under antiretroviral therapy (ART) cover. This book presents the Asian perspectives on the HIV epidemic through country-specific reports and case studies. Nearly

two decades back, it was anticipated that the HIV epidemic in Asia would be explosive, but there are signs of its slowing down, the possible reasons for which are discussed in the book. However, the challenges in the prevention of HIV/AIDS continue to cause concern to scientists and programme managers.

The disease burden of HIV, which made its appearance more than four decades ago in the world at large and nearly three decades ago in Asia, is the second highest in the South East Asian Region after the African continent. *Three decades of HIV/AIDS in Asia* presents the current scenario of HIV/AIDS in countries in the South East Asia region, which are among the most populous in the world and where even a small change in prevalence can alter the disease burden significantly. Despite the existence of many ethno-sociocultural similarities, the HIV epidemics in the countries in the Asian region are fairly diverse. The book analyses and discusses the HIV epidemic in countries such as Cambodia, China, India, Thailand and Viet Nam, which have a high HIV burden, and Bangladesh and Sri Lanka, where the prevalence of HIV is low. There is a detailed account of the role of social, economic, cultural and political factors in the spread of HIV in the South East Asian Region, the prevalence and disease burden of HIV, important issues related to the chain of transmission, the role of people who are at the highest risk for HIV, mortality rates among AIDS patients from various subpopulations, and causes of mortality. A discussion on the populations driving the HIV epidemic in Asia highlights the roles played by men who have sex with men (MSM), transgenders and intravenous drug users (IDUs), and stresses the need to strengthen the strategies for the prevention of HIV transmission by these subpopulations. In this context, the author describes a few examples that are worth following. These include interventions among sex workers, such as the programme in Thailand that sought to promote 100% use of condoms, and the community empowerment model of Sonagachi in West Bengal, India; experiments with harm-reduction strategies and strengthening of political commitment to reduce HIV transmission among IDUs in Thailand; and attempts to focus on reducing high-risk sexual behaviour and associated substance use among MSM.

The narration of some success stories relating to a reduction in the transmission of HIV from mother to child, a reduction in the disease burden of sexually transmitted infections (STIs) and longer survival among patients on antiretroviral therapy is really interesting. The lessons learned can help policy-makers and programme managers to examine the strategies used in their own national context. A major success story throughout the Asian continent relates to safe blood. The book provides insights into how certain strategies, such as focusing on voluntary blood donation, more effective screening of blood units for HIV and encouraging the use of blood components, have effectively reduced HIV transmission related to blood transfusion in the region. Experiences in the prevention of mother-to-child transmission in Thailand and India have highlighted the feasibility of the countries' programmes. However, the need to scale up the programme and expand its coverage has been clearly identified.

The description of the national responses in various countries in Asia highlights how different approaches are being tried by different countries. In Cambodia, the focus is on targeted prevention in sex work settings, HIV/TB, prevention of mother-to-child transmission and among drug users. China has focused on strengthening its programme, raising awareness, and making available a continuum of care, starting with case detection and going on to the provision of treatment, care and support. In India, which has a large HIV epidemic, the national AIDS control

programme focuses on targeted interventions, blood safety, the control of STIs, provision of care and support, and strengthening of the strategic information system. Thailand has achieved considerable success with its syringe and needle exchange programme, and also stresses behavioural change, as well as comprehensive prevention and care strategies. Case studies have demonstrated that in addition to better surveillance and a focus on HIV care and support; strong NGO involvement has paid great dividends in Bangladesh, while strengthening of the health system, with a focus on the control of STIs, has yielded good results in Sri Lanka. The book describes the main challenges confronted by the Asian countries in AIDS prevention and control as being an inability to scale up and sustain their programmes; unresolved policy and legislative problems, especially in the area of harm reduction among IDUs; the lack of an enabling environment; and inadequate reach and coverage of the programmes, which must take more steps to bring the needy within their fold.

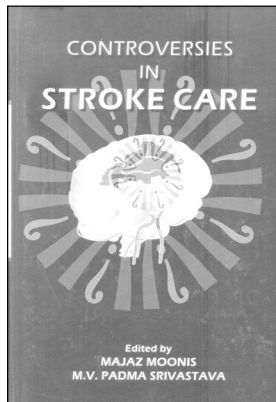
Experiences with the introduction of an ART programme in various countries of Asia have been very encouraging, and most countries have made systematic attempts to expand the programme in a phased manner to reach more and more patients eligible to receive ART. The book clearly demonstrates that evidence-based programme management and policy-making have not only helped reduce the morbidity and mortality among AIDS patients on ART, but have also started showing results in terms of the utility of the ART programme in the prevention of secondary transmission of HIV. Interestingly, the use of ART in prevention and the possibility of a reversal of the HIV epidemic are already being discussed. However, several problems have been identified in Asian countries that the national programmes will have to address. These include complexities associated with the high burden of HIV and TB co-infection, the challenges involved in the management of such patients, the emergence of drug resistance and issues related to chemoprophylaxis.

In view of its stated aims, the book should have had chapter(s) on the economic impact of the epidemic at the macro- and micro-levels, prediction of the disease burden, as well as the course of the epidemics and their development-related outcomes in different Asian countries and subpopulations, with an additional focus on their impact on morbidity and mortality. The chapter on natural history has not described the Asian landscape in detail. Also, the sociocultural determinants of high-risk behaviour and the susceptibility of populations which are not high-risk, such as adolescents and married monogamous women, have not been covered adequately. The newer technologies for the prevention of HIV, such as vaccines, vaginal microbicides and pre-exposure prophylaxis, and their likely impact on the HIV epidemic in Asia should have been discussed.

Although the price of the book has not been mentioned, it would be ideal to keep it reasonable so that researchers, academicians, programme managers, undergraduate and postgraduate students, and students of other allied disciplines can have easy access to it. To plan a book of such scope is a challenging task and the team of publishers, editor and contributors has done a good job of bringing out a volume that will be of interest to a broad audience.

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**Controversies in Stroke Care.** Majaz Moonis, M.V. Padma Srivastava. Byword Books, New Delhi, 2012. 342 pp, price not mentioned. ISBN 978-81-8193-089-7.



Recent years have seen the publication of several excellent books on all aspects of stroke and a new book is often seen as 'yet another addition to the exhaustive list of books or topics covered. Against this background, *Controversies in stroke care* is surprisingly refreshing. It does not recycle what is already known and has been written about, but examines the well-known issues in stroke care from a very different perspective. It teaches not by professing or by regurgitating

management guidelines, but by presenting evidence for and against various aspects of stroke care, inviting the reader to come to his or her own conclusions. The book is concise and very well written. It presents plenty of up-to-date evidence and the views of experts, which guide readers to refine their own concepts and practice. The book admirably achieves its stated objective, i.e. to present a balanced and unbiased view of the hotly-contested and unresolved issues in stroke care. It makes for compelling reading for those who are at the cutting edge of stroke care. Despite a whole career in delivering cutting-edge stroke care and considerable research on the subject, I found the book very informative and helpful in reflecting on my practice.

One of the main attractions of the book is that it covers the whole spectrum of stroke care with equal emphasis. Each chapter makes for compelling reading, containing succinct descriptions of the research carried out to date, as well as the gaps in knowledge. Further, it provides practical guidance on the diagnosis and management of patients. Probably because of personal interest, my favourite chapter was that on imaging of the ischaemic penumbra as the chapter provides probably one of the best state-of-the-art reviews in the area to date. It elegantly highlights the benefits and potential pitfalls of defining and imaging the ischaemic 'penumbra', and it would be very useful for every physician pushing the boundaries of thrombolytic and recanalization practice to know about these. The section entitled 'My expert opinion on the use of penumbral imaging' is highly recommended as essential reading for all those interested in cutting-edge practice or looking for areas to research. Similarly, the views expressed on the future of neuroprotection in stroke, which are supported by a wealth of research findings, provide a balanced critique, are thought-provoking and highlight important limitations that may have contributed to previous failures and need to be taken into account while designing future studies. The chapter on 'off-label' use of thrombolysis to extend the treatment time window or treat patients previously excluded from treatments offers some very practical insights; the arguments are well presented. However, it would be extremely helpful to emphasize that although the concepts behind extending thrombolysis make sense, they are not supported by unequivocal evidence from clinical trials and do not have a place in routine clinical practice at present. There are several ongoing trials in these areas that are due for completion in the next 2-5 years, that will inform patient selection criteria and intervention techniques, and a summary of those in the chapter would have

made it more up to date. Equally important, this chapter, or the following chapter on intra-arterial thrombolysis, should have contained a discussion of the difference between good imaging outcomes (e.g. recanalization) and good clinical outcomes (e.g. functional status at 3 months), since many studies have shown that although good functional outcomes follow successful recanalization, successful recanalization does not always result in good functional outcomes. Hence, a good outcome can mean different things, depending on the view taken. Recanalization may turn out to be futile and may increase the risk of intracranial haemorrhages or cerebral oedema, and is thus, a source of major controversy. Furthermore, since this book centres around controversies, a mention of the authors' own opinions and conclusions from their practice in these areas, together with justification and limitations, would have been welcome. Also commendable are the chapters on stroke in the young and restorative therapies to heal the brain after stroke. Specifically, restorative therapies is a hugely exciting area in terms of research and pushing the boundaries of stroke management further in the future, but the chapter confines itself to stem cell treatment, without discussing the major breakthroughs in the understanding of the molecular and cellular mechanism underlying brain repair or the restructuring of cerebral activity.

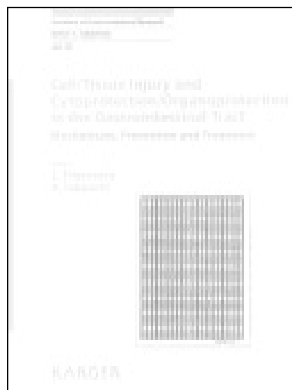
The management of stroke patients and the prevention of stroke have come a long way in the past two decades, following revolutionary changes in imaging of the brain and blood vessels, as well as the introduction of thrombolysis and new strategies in rehabilitation. Stroke has been prioritized in many countries, leading to restructuring of stroke services and a plethora of guidelines often varying in recommendations. There also remain several unknowns in stroke care, especially as earlier management and more comprehensive imaging or investigations throw up new challenges and many therapeutic strategies have yet to be backed up by robust clinical evidence. I appreciate that under these circumstances, no one book can capture the entire complexity of stroke management. This book ably guides clinicians dealing with stroke patients through many of the situations commonly encountered in this area, interpreting the available evidence and guidelines in the context of the day-to-day care of patients. The 'personal opinion' sections by experts in some chapters are a definite bonus. However, there are also some glaring omissions that the editors may wish to take into account when planning the second edition. These relate to the pathophysiology and management of cerebral oedema and malignant infarction, which are becoming increasingly important in the management of stroke. There is a wealth of research, controversy and new practices in recovery after stroke especially around management and rehabilitation of various impairments underpinned by cutting-edge imaging research. The book has some uninspiring chapters which present little information, repeat well-known guidelines or are of peripheral interest and detract from its overall quality. These limitations do not detract significantly from what is otherwise a very good book and the wealth of practical information will prove helpful to those engaged in looking after stroke patients.

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**Cell/Tissue Injury and Cytoprotection/Organoprotection in the Gastrointestinal Tract: Mechanisms, Prevention and Treatment (Frontiers of Gastrointestinal Research. Vol. 30).**

L.P. Filaretova, K. Takeuchi (eds), C. Sakamoto (series editor). S. Karger, Basel, 2012. 250 pp, price not mentioned. ISBN 978-33-1802-183-7.



The stomach is a remarkable organ. Except in rare cases, it can withstand exposure to highly concentrated hydrochloric acid, refluxed bile salts and foodstuffs of a wide range of temperatures and osmolarity. It secretes a juice that can digest the various foods that we eat, but it seldom digests itself. Scientists have pondered over the reasons for this enigma for centuries, and we still do not understand them completely. The historic article by Andre Robert

on gastric protection, published in 1979, not only opened a frontier in gastrointestinal research, but sparked enormous interest in gastrointestinal mucosal injury and protection. The discovery of an association between the colonization of the stomach by *Helicobacter pylori* (*H. pylori*) and peptic ulcer disease led to an even greater focus on the mechanisms underlying mucosal defence. It is interesting to note that only a minority of patients (about 15%) with this infection develop an ulcer, so host factors are almost certainly a critical factor in determining whether an ulcer forms or not.

On searching PubMed, one finds more than 3500 articles on gastric protection and the number of articles increases year after year. How can one keep oneself up to date with the explosion of knowledge in this field? In this handbook, the authors have focused both on basic knowledge and recent advances in our understanding of the mechanism of tissue injury and cytoprotection in the gastrointestinal tract. The advances in the knowledge of the pathophysiology of ulcerogenesis and ulcer healing have inspired many clinical and basic scientists to probe this area further to discover strategies both for the prevention and healing of lesions.

The book contains 24 chapters, 49 figures and 10 tables. To begin with, Szabo *et al.* have discussed Andre Robert's concept of gastric cytoprotection. There is an inspirational chapter in which Chen and Zhao have summarized the landmark translational research in gastric acid secretion, vagotomy, and the discovery of histamine receptor blockade, proton pump inhibitors and *H. pylori*. Other chapters describe the pathogenetic mechanisms of

ulcerogenesis and the steps in the healing of ulcers, COX-independent mechanisms and the development of NSAIDs with fewer gastric side-effects (such as fluoro-loxoprofen), mechanism of NSAID-induced gastric and small intestinal mucosal injury, stress-induced excitability of the neurons in the colonic myenteric plexus, somatic and visceral pain processing induced by hydrogen sulphide, pathobiology of carcinoid syndrome, effects of psychogenic stress on gastric mucosal injury, capsaicin and mucosal protection, and aspirin and clopidogrel-induced gastric ulcers and gastrointestinal bleeding in animal models.

Furthermore, S. Okabe, who had established the acetic ulcer model as a model for chronic gastric ulcer, has summarized the mechanisms of the healing of ulcers and the results obtained with 11 new substances which have been used to heal ulcers. One of the chapters discusses the mechanisms of the maintenance of gastric mucosal integrity and the resistance to mucosal damage, including the secretion of mucus-bicarbonate, the undisturbed microcirculation, the presence of mucosal sulphhydryls and the expression of heat shock proteins and defensins. The respective roles of exogenous prostaglandins (direct cytoprotection), endogenous prostaglandins (adaptive cytoprotection) and the calcitonin gene-related peptide/nitric oxide system as a common final mechanism in gastroprotection against injury have been discussed in detail.

While the renin-angiotensin system plays an important role in the maintenance of blood pressure and cardiovascular functions, the angiotensin II metabolite, Ang (1-7), provides some protection against stress-induced gastric ulcers, a subject which has been discussed in a chapter by T. Brzozowski *et al.* There is also a detailed discussion of the processes of the healing of ulcers, including re-epithalization, angiogenesis and vasculogenesis, including the comprehensive interplay between growth factors (EGF, bFGF, IGF-1) and the serum response factor that activates early genes such as c-fos, egr-1/2, c-myc and cytoskeletal genes. There are promising avenues to be explored further in the area of mucosal defence, such as hydrogen sulphide, carbon monoxide and nitric oxide, which protect and heal gastrointestinal mucosal ulcerations by stimulating the secretion of bicarbonate in response to duodenal acid. In addition, Kawabata and Matsunami have discussed the role of hydrogen sulphide and the T-type calcium channel system in the processing of visceral pain.

Overall, this book contains excellent material to read.

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