care communities (general practitioners, team physicians, respiratory therapists, exercise physiologists, and athletic trainers) who work on a daily basis with people who have EIA."

I believe this book would benefit all the professionals listed above, and any professional reading this book would be assured that people of any athletic ability, up to and including elite athletes, can compete at their maximum level with proper diagnosis and treatment. In this era of early-childhood organized sports, this can be a comfort to parents as well as to college-level athletes and those on the verge of becoming elite athletes. The key is proper diagnosis and treatment. In support of this, the editors offer the inspirational example of 1996 Olympic swimmer Amy van Dyken, who won 4 gold medals despite the fact that she has had EIA since childhood.

The editors and authors have provided a book with up-to-date information on EIA, along with comprehensive guidelines for the diagnosis of EIA. After reading this text, I have little doubt as to its usefulness as a practical guide for health care professionals.

The content is well selected, considering the intended readership. The editors assumed a basic understanding among the readership and provided brief overviews, which, combined with an ample and up-to-date list of references, allow sufficient opportunity for one to delve deeper into the subjects covered.

Beginning with the underlying anatomy and physiology and concluding with treatments and medications, this work is well organized. The chapters flow together nicely.

As with asthma in general, optimal treatment of EIA is elusive. Proper diagnosis is environmentally dependent and of the utmost importance. With proper diagnosis optimal treatment is possible, and the authors are most convincing in leading us to this conclusion.

The writing style is clear and concise. I did not feel burdened with unnecessary terminology or background material. The references allow follow-up of any topic of interest or subject in which more in-depth knowledge is desired.

I found this text extremely readable. Though I gained much useful information, I did not feel as though I was wading through a standard medical text. I actually found myself looking forward to picking it up and continuing my reading.

Overall, the appearance of the text is pleasing. Each chapter has a photograph that is appropriate for the material covered. The book has a hard cover and the good-quality binding assures a long life as a reference book. I only spotted one misspelled word, on page 17: "lactic acidosis" appears as "lactacidosis." More disruptive, however, were the numerous occurrences of spacing errors between the letters of individual words. For example, on page 43, paragraph 3, sentence 3, the word "results" appears as "r esults."

The illustrations, tables, and graphs are all in black-and-white, but clear and easily interpreted. In a text such as this, black-and-white is adequate, and color would not have substantially enhanced the book, but rather only added to its cost.

The references are accurate and timely. References from all the appropriate topics in sports medicine research and medicine in general are included. The index is useful and adequate.

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Cerebral Blood Flow: Mechanisms of Ischemia, Diagnosis, and Therapy. Michael R Pinsky, editor. (Update in Intensive Care Medicine, Volume 37, Jean-Louis Vincent MD PhD, Series Editor) Berlin: Springer-Verlag. 2002. Soft cover, illustrated, 308 pages, €49.95, US $50.

One of the widely used authoritative texts on the subject of cerebral blood flow is *Cerebral Blood Flow: Physiologic and Clinical Aspects*[1] (1987, now out of print), edited by James H Wood, who is an eminent neurosurgeon and authority on the topic. Since reading that book, I have been searching for a portable, more concise and updated text on the subject of cerebral blood flow, and I found what I was looking for in **Cerebral Blood Flow: Mechanisms of Ischemia, Diagnosis and Therapy**, edited by Michael Pinsky. For a topic as complicated as ischemic brain injury, Dr Pinsky has gathered world-renowned authorities, including Drs Obrist, Faraci, Iadecola, Marion, Babikian, Bouma, Pennings, Safar, and others, to present complex clinical and basic science information to clinicians in an easy-to-understand manner.

I found the book to contain both breadth and depth of information, and, overall, the book impressed me. I suspect it will have broad appeal to health care providers with various scopes of practice, including physicians, nurses, and respiratory therapists. Among physicians, this book will be of greatest interest to intensivists, anesthesiologists, neurologists, and neurosurgeons who care for patients suffering from neurologic processes or those who study cerebral blood flow and ischemic brain injury. This book is versatile enough that it can be used to review neurophysiologic concepts, as an update in recent advances in cerebral blood flow, or as a guide to organizing a research project. If the book has a weakness, it is that it might be too advanced for readers who are relatively new to the study of cerebral physiology. Overall, this book is definitely a valuable addition to my bookshelf.

The book is divided into 4 sections: "Physiology and Pathophysiology" (Chapters 1–4), "Ischemic Brain Injury" (Chapters 5–10), "Assessment of Cerebral Blood Flow" (Chapters 11–16), and "Current Status of Clinical Trials in Acute Stroke" (Chapters 17–21). Major topics covered in Section 1 include the history of cerebral blood flow assessment, neural and endothelial regulation of the cerebral circulation, and the molecular pathogenesis of cerebral aneurysms. Section 2 covers triggering events, mechanisms and coupling of cerebral blood flow and metabolism in ischemic brain injury, genetic control of ischemic neuronal cell death, cerebral resuscitation, and the ischemic penumbra. Section 3 discusses the modalities of measuring cerebral blood flow, in which individual chapters are devoted to major diagnostic modalities, including computed tomography, angiography, perfusion imaging, xenon computed tomography, transcranial Doppler ultrasonography, and positron emission tomography. Also discussed are the applicability of monitors of the cerebral microcirculation, including jugular bulb oximetry, near-infrared spectroscopy, reflectance spectrophotometry, intracerebral microsensors, oxygenation, and microcirculation. The chapters in section 4 discuss the management of acute stroke pertaining to thrombolysis, neuroprotection, the role of interventional neuroradiology, angioplasty and stenting, temperature regulation, and cerebral revascularization.

Each chapter contains a select and limited number of relevant references. Overall, the concepts in each chapter are well delin-

eated and the breaks in topics/chapters are logical. Each chapter is approximately 10 pages, and there is sufficient detail; the book's brevity does not compromise the content, detail, or quality. In fact, each author does a really good job of presenting research information in the context of the background problem and clinical dilemma, all in a relatively concise manner. Most importantly, the authors' own research contributions to the field are conveyed. For example, Dr Safar's chapter on cerebral resuscitation begins with an introduction to the epidemiology of cardiac arrest and reversible cardiopulmonary cerebral resuscitation, followed by definitions used in resuscitation research for the past 40 years and an historical account of the development of cerebral resuscitation research. Dr Safar's involvement in these early efforts makes reading this chapter particularly interesting. He writes, "Around 1950, when I was an anesthesiology resident at the University of Pennsylvania, Seymour Kety pioneered measurements of cerebral blood flow, cerebral oxygen uptake, and cerebral glucose consumption. . . . Since the 1960s our goal has been to maximize the brain's tolerance of normothermic cardiac arrest." The reader knows that the word "our" in the previous sentence is not used in the general sense but rather with the author as a central contributing authority on the subject.

The book's physical appearance, including size, is attractive. It has a soft cover with blue and white print. I would have preferred to have this book published in hard cover, however, because there is already wear and tear on the cover of my copy. The book's print and paper are of good quality and there are few typographical errors. The subject index is user-friendly and logical. Figures, drawings, and graphs are well represented and appropriately used to highlight important concepts. For example, in Chapter 2, the potential mechanisms involved in neural regulation of the cerebral circulation are illustrated using simple black-and-white drawings to demonstrate the complex interactions between vasoactive agents (adenosine and nitric oxide), neurotransmitters (acetylcholine, vasoactive intestinal peptide), and astrocyte foot processes. Similarly, Figure 4 of Chapter 6 (by Kochanek et al), "Ischemic Mechanisms of Traumatic Brain Injury," describes the putative mechanisms (eg, adenosine, nitric oxide, alcohol) of post-traumatic hypoperfusion, which are currently being investigated in clinical and experimental traumatic brain injury. Not every chapter has a concluding paragraph or text devoted to discussion of needed future research, but when included, the perspectives presented are interesting and add to the information already presented. Finally, the information given is well referenced, has little unsubstantiated expert opinion, and is highly credible. In my opinion, this book is, at $50, a good buy.

For those of you who are not yet sold on the book, let me entice you by saying that I tried to make a list of chapters I found particularly interesting, but in fact I learned from every chapter and ended up listing almost all of them. So pick up a copy and take a month to leisurely read Pinsky's **Cerebral Blood Flow: Mechanisms of Ischemia, Diagnosis and Therapy**.

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1. Wood JH, editor. Cerebral blood flow: physiologic and clinical aspects. New York: McGraw-Hill; 1987.

Respiratory & Pulmonary Medicine: An Internet Resource Guide: October 2001–September 2002. Joe GN Garcia MD and Charles M Wiener MD, consulting editors. Princeton, New Jersey: eMedguides.com. 2001. Soft cover, illustrated, 506 pages, $24.95.

Respiratory & Pulmonary Medicine: An Internet Resource Guide provides an inventory of reference information on pulmonary disease, clinical studies and trials, statistics, journals, articles, and abstracts in pulmonary medicine. It is an excellent reference guide for physicians, health care providers, medical students, and educators.

The book is organized in an outline format and incorporates a reference key, which classifies resources on a scale of 1 to 3. A rating of 3 indicates the site provides more in-depth information. For instance, the American College of Allergy, Asthma & Immunology's glossary Web site (*http://allergy.mcg.edu/glossary/*) provides an overview of terms related to allergy and immunity, including common therapeutic drugs, whereas the Glossary of Respiratory Disorder Terms is very simplistic in format and more suited for the layperson. The outline consists of a summarized table of contents that provides a snapshot of the textbook, followed by the standard table of contents and subcategories.

The book is divided into 2 parts: Respiratory and Pulmonary Medicine Web Resources, and General Medical Web Resources. It is further subdivided into 14 chapters: Introduction; Quick Reference; Journals, Articles, and Latest Books; Continuing Medical Education; Respiratory and Pulmonary Medicine Overview Sites; Biological, Diagnostic, and Therapeutic Aspects; Other Topical Resources; Organizations and Institutions; Diseases and Disorders; Reference Information and News Sources; Professional Topics and Clinical Practice; Medical Student Resources; Patient Education and Planning; and Web Site and Topical Index.

The introduction provides an overview of how to use the book, including steps on how to access the Internet and most effectively use eMedguides.com, along with an "e-Link" number assigned to each Web site in the text. What makes this resource guide exceptional is the Web-linked title page. The title page duplicates the table of contents, although it is slightly out-of-sequence with the textbook. For example, Chapters 6, 7, 8, 10, 11, 12, and 13 represent different chapters in the book. Also, Chapter 9, "Diseases and Disorders," and Chapter 14, "Web Site and Topical Index," are excluded from the Web-link title page. The e-Link feature allows quick navigation through various Web sites, eliminating the need to type complete Web addresses for various sites on a given topic. It also provides updated Web address information for sites that may have undergone reconstruction. Although the e-Link number simplifies access to various sites, it complicates the process by requiring the reader to select a Specialty Guide topic prior to entering the e-Link number. The Specialty Guide section offers other resources for various health care disciplines, including emergency medicine, general surgery, radiology, and many others. Two methods are incorporated into the system for Web site access: e-Link and the table of contents. The e-Link method provides access to a selected site (eg, R-0007 supplies a link to the American Lung Association Web site *(http://www.lungusa.org/pub/)*, whereas the table of contents method provides a com-