

therapy. By even mentioning these emerging technologies, the book made me realize that the editor sought to cover as much new information as possible. I also appreciated the level of "straight talk" that is presented. If a patient with asthma experiences a severe attack, proper steps must be taken or the person can die from asthma. This is stated more than once, and it is important to share the seriousness of the disease.

It would have been very useful to have a section dedicated to peer-pressure issues. It is important to understand ways to manage asthma without being conspicuous. In particular this would be important when it comes to taking medications or when displaying symptoms of uncontrolled asthma. I recall a friend of my daughter who was recently at our home with several other teens. Unfortunately, she stood out because she has severe persistent asthma. During the party she needed to hook up her nebulizer to take a rescue medication in the midst of the get-together. She ended up being the center of attention. How does a teen discretely manage asthma symptoms without standing out in the crowd? This issue should have been elaborated on. There could also have been photographs and color drawings. All of the text is in black-and-white and there are very few illustrations.

This is a unique text and could make an important contribution to the education of 13–19-year-olds, who have a wide variety of interests, peers, and perceived pressures. I would recommend it to all teens (or adults) who wish to learn more about asthma and the asthma issues facing this age group. It would even be useful for the respiratory therapist to read as well.

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Smoking Cessation 2nd edition. *Fast Facts* series. Robert West PhD and Saul Shiffman PhD. Oxford, United Kingdom: Health Press. 2004. Soft cover, illustrated, 78 pages, \$28.

The *Fast Facts* series of soft-cover books is designed to provide quick reviews of various medical conditions and treatments. This particular installment provides information on acute and chronic effects of smoking, smoking-cessation treatments, and the benefits and myths associated with smoking cessation. The target audience is broadly stated as all health-care professionals, and the information is provided in a clear and concise manner easily accessible to any health-care provider.

The book is short, 78 pages, with 8 chapters supplemented nicely with graphs and charts. The chapters include "Cigarettes as a Nicotine Delivery System," "Smoking Patterns," "Social, Psychological, and Economic Influences on Smoking," "Effects of Smoking and Smoking Cessation," "Cigarette Dependence," "The Clinician and Smoking," "Treatments to Aid Smoking Cessation," "Future Trends," and a section with useful addresses and resources.

Providing an international perspective on smoking cessation, the text is co-authored by 2 respected physicians from the United Kingdom and United States, who have over 20 and 30 years, respectively, in tobacco research. This international perspective is seen in the chapter "Smoking Patterns," which makes good use of graphs to show smoking patterns as high as 60–65% of men in Russia and China. The chapter "Social, Psychological, and Economic Influences" describes the economic impacts of tobacco-advertising bans and increased taxes on smoking, in both the United Kingdom and the United States.

Chapters 1, 4, and 5 describe cigarettes' ability to deliver nicotine and cause dependence, along with the consequences of smoking. In particular, I found the chapter "Cigarette Dependence" quite informative. This chapter simplifies the relatively complicated process, translating the technical aspect of nicotine's effect on the brain to its creation of tobacco dependence. There is effective use of graphs.

The importance of counseling is reviewed in the chapters "The Clinician and Smoking" and "Treatments to Aid Smoking Cessation." The authors correctly point out that all health-care providers should assist in

counseling for smoking cessation. As a respiratory therapist, I've always felt that our role is crucial in aiding smoking cessation. The book includes a simple algorithm that provides a nice visual decision tree for counseling choices. The pharmacologic and alternative aids to smoking cessation are described in easy-to-understand prose. There is correct emphasis on the importance of pharmacologic smoking-cessation aids and the consequent increase in cessation rates. The summary on nicotine-replacement products and bupropion is succinct yet complete.

The chapter "Future Trends" is only 3 pages long, but it provides a quick summary of cessation activities that are "on the horizon." The final section on resources will be helpful for those seeking more information.

One aspect of the book I found disconcerting was the lack of specific citations. As in other of the *Fast Facts* books, the authors provide a list of references at the end of each chapter. Some of the statements made in the text beg for further investigation. One case to this effect is in the chapter, "Social, Psychological, and Economic Influences"; the author states that, "In adulthood, there is a strong correlation between having a criminal conviction and being a smoker." While this may be true, I'm not sure all smokers would agree, and they would probably want to see the source of that information. Despite this personal preference for specific citation, I found the *Fast Facts* book format well organized and easy to read. Each chapter is color-coded for quick reference. I found the key points section at the end of each chapter quite beneficial.

I think the authors have nicely covered the topic in a brief, concise manner. The organization and content are good, and the information is current and topical. Allied health professionals will find this an excellent smoking-cessation resource.

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