

of the time their criteria are listed in a bulleted-points format. However, sometimes the criteria are listed in long sentences, which get buried in the rest of the text.

Clearly, the field of emergency medicine contains more topics than this handbook can address. However, additional discussion would have been appropriate in Chapter 31, "Acute Appendicitis," where the pediatric population is left out of the discussion, except to state that ultrasound is not sufficient for diagnosis. Perhaps the authors could have delved more deeply into diagnostic strategies in children, since they compose a substantial portion of the population that suffers from the disease. In a few instances within the comment section the authors fail to present the numerical data to support their statements, such as in Chapter 36, "Acute Stroke," where they state that historically CT has been better than magnetic resonance imaging (MRI) in diagnosing acute intracranial hemorrhage, but give no numbers to corroborate. Given that MRIs are more expensive and could take more time, perhaps knowing the statistical difference between CT and MRI could help physicians decide between the 2 diagnostic modalities.

The book is a light and easily portable handbook, which makes it very convenient as a reference guide for physicians. The wording on the back cover is dry and technical, unfortunately, making the book seem duller and less relevant than it actually reads. Overall, the illustrations are quite useful and appropriate, at times showing radiological representation of a disease via radiograph, ultrasound, or MRI. Other times, figures illustrate a clinical decision rule, such as the Ottawa ankle rule, with arrows indicating key pain findings on lateral and medial ankle views.

The vast majority of references are from the past decade, with many of them published in the last 5 years. They come from a great variety of reputable research journals in the United States and from abroad. The index is easy to use and appears complete.

Evidence-based Emergency Care has a strong place in current practice. The authors review a large number of clinical decision rules and studies comparing diagnostic modalities. The diagnostic recommendations are well supported. A physician or other health-care provider who reads and reviews this book can feel more confident in his or her diagnostic skills. In addition, the reader is encouraged to independently analyze fu-

ture research studies, having seen how the authors do this chapter after chapter.

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Sleep Medicine: Essentials and Review.

Teofilo Lee-Chiong Jr. New York: Oxford University Press. 2008. Soft cover, illustrated, 720 pages, \$59.50.

Sleep medicine is a relatively new field, and sleep disorders are just beginning to be recognized by primary-care and subspecialty clinicians. Furthermore, there has been an explosion of both basic and clinical research in sleep in the past decade, particularly in associating sleep-disordered breathing with a number of highly prevalent diseases in our society, including systemic hypertension, cardiovascular and cerebrovascular diseases, and abnormalities in glucose metabolism. Importantly, most sleep disorders can be effectively treated, thereby increasing the urgency and need for more widespread recognition of their clinical presentations by physicians, nurses, and respiratory therapists.

Sleep Medicine: Essentials and Review

(2008), by Teofilo Lee-Chiong, is intended to provide the user "enough know-how about Sleep Medicine to care for your patients...and pass its Board." Unlike the standard reference in this field (*Principles and Practice of Sleep Medicine*, edited by Kryger, Roth, and Dement), it does not purport to be exhaustively comprehensive or cover the basic science aspects of sleep in detail. However, for its intended purpose, this book is superbly organized and written. Actually, the author is also the editor of another excellent and more expansive one-volume textbook, *Sleep: A Comprehensive Handbook*, that I found extremely useful during my fellowship training, and I recognized many similarities between these 2 texts.

The book is in paperback, approximately 700 pages long, and reasonably priced at about \$60 (although I got mine for free). It is divided into 16 chapters, 3 appendixes, and is comprehensively indexed. An added bonus is the inclusion of 600 board-type

questions with detailed (and occasionally referenced) explanations that alone would probably be worth the price. The book begins with a brief chapter on the basic scientific foundation of sleep, but quickly proceeds to systematically cover all major categories of sleep disorders. Especially attractive is the detailed coverage of sleep in medical, neurological, and psychiatric disorders, and dedicated chapters on sleep in the elderly and women. Pediatric sleep is also covered in a separate chapter. The final chapter, which is mostly in tabular form, lists and briefly discusses the effects of many classes of medications on sleep, and is a useful reference for the busy clinician.

The overall format of the chapters is a bit choppy and organized in a somewhat checklist manner, occasionally hindering a smooth reading flow. Frequent inclusion of large tables (often covering entire pages) adds to this problem. However, this format is consistently maintained through the book and is intended to expedite focused searching on specific topics. Furthermore, most disorders are covered in a logical manner: definition, clinical features, demographics, pathophysiology, differential diagnosis, and therapy. The length of these sections can vary substantially, depending on the importance and prevalence of the disorder (eg, therapy for obstructive sleep apnea covers 25 pages and is very comprehensive and well written).

The useful appendixes summarize the original Rechtschaffen definitions and terminologies for sleep staging and the 2007 American Academy of Sleep Medicine manual for sleep scoring. It would have been helpful to also include a summary of the latest International Classification of Sleep Disorders as an appendix.

So are there any major weaknesses in this book? No. However, in addition to the relatively minor points raised earlier, I have a few suggestions to help improve future editions. First, although most chapters are heavily referenced, very few if any of the cited original research papers date beyond 2005. Also, rarely, important references are omitted. An example is the absence of any mention of the (controversial) report on treating central sleep apnea in patients with heart failure using continuous positive airway pressure.¹ More generally, a more evidence-based discussion (pro and con) of available therapies for various sleep disorders would be welcome. A final issue regarding the format of this book is the lack of any figures

within the chapters. A few epochs of common polysomnographic findings are shown in Appendix C, but incorporating more figures in the body of the text would be more effective and helpful.

In summary, **Sleep Medicine: Essentials and Review** is an extremely well written textbook covering all major aspects of sleep disorders in an easy-to-use and accessible manner. It is ideally suited for use in the busy clinics of primary-care providers and medical specialists, and is an excellent source for all health and respiratory care providers who are interested in learning more about sleep medicine.

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REFERENCE

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Lung Cancer, 3rd edition. Jack A Roth MD, James D Cox MD, and Waun Ki Hong MD DMSc. Malden, Massachusetts: Wiley-Blackwell. 2008. Hard cover, illustrated, 480 pages, \$179.95.

The modern medical textbook editor faces a special challenge in attempting to comprehensively describe the current science and therapy of lung cancer. For several decades medicine has made incremental improvements in patient care while outcomes (survival) have remained dismal. We now find ourselves on the threshold of new scientific advances with the promise of dramatic improvements in the care of patients with lung cancer. The editors and contributors of **Lung Cancer**, 3rd edition, have succeeded in creating, as they intended, a concise yet thorough review of the field, which will prove very useful to clinicians providing multidisciplinary lung cancer care. The editors represent the 3 major disciplines of thoracic oncology (thoracic surgery, radiation oncology, and medical oncology), and this provides the book with a helpful balance. The editors also reveal their

bias about the future in the book's preface: "We are optimistic that progress will continue at a rapid pace and that deaths from lung cancer will continue to decrease."

The text contains 28 chapters, appropriately beginning with "Smoking Cessation" and ending with "Natural Agents for Chemoprevention of Lung Cancer." Each chapter has a consistent format, with an introductory paragraph, a succinct description of clinical standards, a discussion of new science (particularly useful), and conclusions. The reference lists are excellent and current. The tables and figures use consistent graphics and are clear and to the point. In the center of the book are high-quality color plates showing common and unusual (eg, fetal adenocarcinoma) histopathology, as well as illustrations supporting new treatment technologies such as intensity modulated radiation therapy.

Several chapters stand out as particularly well written and relevant. "The Molecular Genetics of Lung Cancer" takes the reader from the beginnings of our understanding of cancer genetics to current research on mutations in the tyrosine kinase domain of the endothelial growth factor receptor. "The Role of Mediastinoscopy in the Staging of Nonsmall Cell Lung Cancer" clearly describes the role and technique for this standard surgical procedure, including a comparison with other staging options, such as endoscopic and endobronchial ultrasound. "Targeted Genetic Therapy for Lung Cancer" provides a review of treatment options, such as p53 tumor suppressor gene replacement, with a nice discussion of the relationship between genetic therapy and conventional chemotherapy and radiation therapy.

Are there features of the book that are less useful? I do not detect any important content deficits. Chapters devoted to an overview of lung cancer management, the appropriate use of clinical guidelines, and current practice in palliative care might have been useful for most clinicians, but I suspect their absence is intentional and this does not diminish the value of the book.

This text will be useful for clinicians of all backgrounds, and is particularly well suited to inform lung cancer care in the multidisciplinary setting. In an era of ready access to electronic media and encyclopedic textbooks, this concise volume is remarkably complete in fewer than 500 pages. Perhaps it is most useful in providing a solid foundation of clinical science as a framework for the integration of new knowledge.

In a clinical realm where scientific discovery moves faster than our educational models, this is particularly helpful.

Undoubtedly, sections of **Lung Cancer** will soon be dated. Rather than dwell on this inevitability, we should look forward to the 4th edition.

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The author has disclosed no conflicts of interest.

Sleep Medicine. Harold R Smith, Cynthia L Comella, and Birgit Högl, editors. Cambridge, United Kingdom: Cambridge University Press. 2008. Soft cover, 270 pages, \$70.

Sleep disorders have a profound impact on individuals, leading to diminished quality of life, poor daytime functioning, as well as substantial medical costs. Although we spend about one third of our lives sleeping, our understanding of sleep disorders has lagged behind most other medical disciplines. There has been an explosion of interest and understanding of sleep disorders in the past 25 years, and anyone working with patients has been aware that clinical sleep disorders are rampant. Surveys have documented that during a typical year more than 40% of adults experience a sleep problem. Common and well known sleep problems include insomnia, sleep apnea, and excessive daytime sleepiness, but the recent American Academy of Sleep Medicine's International Classification of Sleep Disorders (ICSD-2–2005) includes 70 disorders of sleep in 8 broad categories. As a physician who sees patients with sleep problems, most of my social encounters lead to someone mentioning a concern or question about their own sleep or a sleep problem experienced by a loved one.

In this book, Smith and his co-editors address the wide range of sleep disorders. The book is intended for neurologists, psychiatrists, psychologists, pulmonologists, and internists, as well as health-care professionals in training. The book consists of an introduction and 14 chapters divided into 3 main sections: "Normal Sleep," "Sleep Disorders," and "Sleep in Specialty Areas." There are 28 authors: 16 from the United States, 7 from Germany, 2 each from Canada and Italy, and 1 from France. Most are well recognized international experts in their sleep area of interest, and the quality of the