

discussion in a clear and organized manner. This would be an excellent resource for any individual who cares for lung or heart-lung transplant recipients.

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My Office Is Killing Me! The Sick Building Survival Guide. Jeffrey C May. Baltimore: Johns Hopkins University Press. 2006. Soft cover, illustrated, 317 pages, \$18.95.

Air quality in the workplace has bedeviled workers and managers for decades and has cost millions of dollars in lost work time, illness, and building renovations. Building occupants have searched for information to understand the nature and source of the air quality problems, possible adverse health outcomes, and effective solutions. Jeffrey May, a master's-prepared organic chemist, adds to the current popular literature with his third book, **My Office Is Killing Me! The Sick Building Survival Guide**. This very readable, 317-page book targets the general public and office occupants, rather than an academic or health-and-safety practitioner audience.

The book has 3 parts: The Basics; Daily Life; and The Final Test: Grading the Air. A brief resource guide, chapter-specific bibliography, and useful index complete the text. Each chapter includes a highlighted section of "Practical Steps," which summarizes the chapter and emphasizes specific activities the building occupant can do today to reduce or eliminate potential exposures. Scattered throughout the text are black-and-white pictures of mold and problem buildings, presumably investigated by May. Also included are 14 color plates of problematic ventilation systems and moldy buildings.

The 7 chapters in Part I give an overview of adverse health outcomes that could be related to building contaminants. This section outlines potential exposure sources, identifies projected costs of poor indoor air quality, discusses building-related construction and interior elements that could be sources of contaminants, and describes air performance and gas and particulate classes

of contaminants. May provides very accessible explanations of the fundamental gas and particulate principles and their performance in air streams, which is among the book's high points. Missing from this section is discussion of persistent bio-accumulative toxins, such as flame-retardants, which are of particular concern to women of child-bearing age.

The 5 chapters in Part II are devoted to venue-specific case studies. Though the book's title implies that the emphasis is on the traditional office environment, Section 2 has case studies of indoor air quality challenges in schools, public places, retail establishments, health care institutions, recreational facilities, and hotels. The case studies are from problems that May has problem-solved, some of which are dramatic examples of construction or building management problems. No information is provided about the total number of buildings evaluated (with and without reported air quality problems), so the reader is left to wonder if there is any venue that isn't subject to faulty construction or neglectful management. This section would have benefited from some reflection on the contribution of occupant outrage, labor/management problems, or underlying personal health problems as contributors to symptom reporting.

The final section discusses, in 3 chapters, strategies for testing air quality, including when to hire and what to expect from a professional. Though most building occupants are unlikely to ever use some of the sampling equipment described, they may be in a position to interpret the findings reported by consultants. To that end, May provides information on typical measurement results, though the range of exposures and the clinically relevant health effects related to documented exposures are not presented. There is considerable emphasis here and elsewhere in the book on mold, and May rightfully notes that there are no regulatory requirements for evaluating, measuring, or controlling mold in indoor environments. The reader would have benefited from a more in-depth discussion of the limitations of mold sampling and why regulating the office environment has eluded us.

My Office Is Killing Me! appears to be a modest rehash of elements of May's earlier books, with few references to recent research and other publications. His selection of chapter titles and case studies reflect his apparent bias toward problem environments—understandably, since his business

as a consulting Certified Indoor Air Quality Professional probably takes him to worst-case, rather than typical, buildings. However, less inflammatory word choices and examples would help the reader put office indoor air problems into more realistic perspective.

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Bronchial Vascular Remodeling in Asthma and COPD. Aili Lazaar, editor. *Lung Biology in Health and Disease*, volume 216, Claude Lenfant, executive editor. Boca Raton: Informa/Taylor & Francis. 2006. Hard cover, illustrated, 233 pages, \$199.95.

Bronchial Vascular Remodeling in Asthma and COPD, edited by Aili Lazaar, is volume 216 of the highly successful and authoritative *Lung Biology in Health and Disease* series (executive editor Claude Lenfant). Ten chapters, comprising 226 pages, form the contributions of 20 internationally renowned and highly respected authors from the Netherlands (3 authors), Belgium (4 authors), Australia (2 authors), Italy (2 authors), the United States (6 authors), Thailand (1 author), and the United Kingdom (2 authors). The aim of the book is to review and update the specialist pulmonary physician, pathologist, and scientist on bronchial circulation, rather than the better known pulmonary circulation. The chapters deal specifically with its intrauterine development, factors that regulate angiogenesis and vasculogenesis, its involvement in pathogenesis, especially that of asthma or chronic obstructive pulmonary disease (COPD) and, to a much lesser extent, pulmonary hypertension. These chapters lead naturally to speculation as to how such new information may impact the development of novel therapies or enhance current treatments.

The introduction by Lenfant provides one of several definitions for the widely used term "remodeling" to describe structural change.

Chapter 1 (23 pages and 131 references) focuses on developmental origins and ex-