

tional and clinical arenas. The part on acquired heart diseases is subdivided into valvular diseases, cardiomyopathies, coronary artery disease and its sequelae, and pericardial diseases. The tables, images, and prose communicate the learning objectives with clarity and depth. The images are detailed, particularly the CT image that shows both coronary artery calcification and a right coronary-artery stent.

Chapter 19 focuses on the thoracic aorta in the age of multidetector CT and magnetic resonance imaging. Impressive images of dissections, aneurysms, and repairs solidify these concepts.

The final chapter is for self-assessment; it contains 113 images and recall questions. The images are unambiguous, the questions direct, and the explanations thorough. This is a perfect way to tie together an excellent reference.

This book succinctly and effectively delivers the concepts of chest radiology. The chapters are well-organized, the images are carefully chosen, and the tables are clear. Readers will be impressed with the chapter on cardiac diseases and the self-assessment chapter. In a future edition I would suggest providing more discussion on lung transplantation and optimizing a few of the figures. I highly recommend this book for physicians and allied health professionals.

**Jeffrey H Lin MD**

Department of Psychiatry and  
Behavioral Sciences  
Stanford Sleep Disorders Clinic  
Stanford University Medical Center  
Palo Alto, California

The author declares no conflicts of interest.

#### REFERENCE

1. Lababede O, Meziane MA, Rice TW. TNM staging of lung cancer. *Chest* 1999;115(1): 233-235.

**Textbook of Pleural Diseases**, 2nd edition. Richard W Light MD and YC Gary Lee MBChB PhD. London: Hodder and Stoughton. 2008. Hard cover, illustrated, 672 pages, \$198.50.

Pleural diseases are common chest disorders encountered in clinical practice, with clinicians occasionally experiencing difficulty in establishing a diagnosis and addressing management decisions and options.

Two of the top experts on pleural diseases are editors for the **Textbook of Pleural Diseases**, a resource that provides up-to-date information and insight on these issues. After its 1st edition in 2003, this 2nd edition is a further improvement in context, information, number of chapters and contributing authors. Hard work by the authors and editors has gone into the preparation to make this one of the leading textbooks on pleural diseases. This hard-cover textbook of 672 pages contains 50 chapters, and is divided into a basic science section and a clinical science section. It offers a good blend of both basic science research and clinical information that will be helpful for both researchers and clinicians alike, and is a good reference for any office or library.

The book is well organized with a familiar format. One of the new chapters for this edition is the opening chapter on "History of Pleural Diseases." It is well written and concisely explains where we are currently in diagnosis and management of pleural diseases compared to centuries ago. This is followed by the basic science section. It has 15 chapters devoted to basic science research that has been done thus far in pleural disorders. The authors of these chapters are well known experts in their specialty and have placed considerable effort into each chapter to make it a high quality review. Even for a practicing clinician, the chapters in the basic science section are easy to read and will help to enhance the understanding of the pathophysiology of pleural diseases. The basic science section also has important information for a basic researcher for further research opportunities in pleural diseases. The authors in most of these basic science chapters have taken substantial effort to translate basic research information into applicable clinical information for a practicing physician.

The remaining 35 chapters are devoted to clinical science, and cover most if not all of the pleural diseases that may be encountered in clinical practice. The first 8 chapters in the clinical science section provide information that is useful for any medical professional, not just for pulmonologists alone. These chapters deal with the approach in diagnosing and managing a patient with pleural disorders. The authors are experts in this field and discuss pleural fluid analysis as well as a general approach of using pleural manometry, radiology, and pathology in the management of pleural disorders. The subsequent chapters are arranged under ef-

fusions due to a specific organ involvement, asbestos-related diseases, pneumothorax, pediatric considerations, intervention procedures, and conclusion. Each chapter is easy to traverse since it is well organized into the following sections: introduction, clinical presentation, diagnosis, and treatment. Most of the chapters also contain appropriate tables, figures, and illustrations to concur with the points that the authors have raised. The final, concluding chapter of the textbook talks about future directions that the editors envision. It is a very interesting read, as the editors debate, agree, and contradict important points, and is a fitting finish to this excellent textbook.

Compared to the previous edition of the textbook in 2003, there have been some new but favorable changes to this current edition. Apart from the first chapter on "History of Pleural Diseases," 7 new chapters have been added, including the ones on ultrasound, thoracoscopy, and pleurodesis. The expanded information in the whole textbook is a reflection of knowledge expansion in this field that has been clearly orchestrated by the authors. The numbers of new contributing authors are higher than the previous edition and indicate the increased need and interest among the various academic centers in the world on pleural diseases.

The quality of the illustrations is exceptional and the color plates add further clarity. The abbreviations are well explained in the beginning of the textbook and seem to be mostly covered and explained in the text chapters. The index at the end of the book also appears to be more complete than many other textbooks.

If there is one thing that makes this reference textbook worth purchasing, it is the bullet point summary after each chapter. These summary points are very useful and give a clear and concise review of the chapter in a few sentences. A busy physician who may not have time to read the text chapter may gain valuable information by just quickly reviewing these bullet points. Most of these are concise teaching points that every clinician should be aware of. In fact, it may be useful to convert these summary bullet points into a pocket size small book version to carry around during clinical rounds.

References after each chapter are more than adequate, and the increased number of references compared to the previous version indicate the expanding research and

knowledge on pleural diseases. Not to be overloaded by the increased number of references, and keeping the interests of the busy physician in mind, the authors for each chapter have made appropriate annotations that inform readers on key papers and review articles.

Though a well written and thorough review, this textbook does have some minor limitations. This book is meant for physicians and basic researchers interested in pleural diseases. While the vast information may stimulate interest in reading for nurses and therapists, it may be beyond their scope of clinical application. Also, while there is a chapter on pediatric pleural diseases, the textbook focuses primarily on adult practice. The cost of the textbook (\$198.50) may limit its addition to many personal libraries, but for those interested in pleural diseases, this will be worthwhile addition. In summary, this is a great textbook for any pulmonologist, internist, and medical professional who has a keen interest in pleural diseases. This is a textbook that will definitely be on my library book shelf as a reference text.

**Kannan Ramar MD**

Department of Pulmonary and  
Critical Care Medicine  
Mayo Clinic  
Rochester, Minnesota

The author declares no conflicts of interest.

**Jeff May's Healthy Home Tips: A Workbook for Detecting, Diagnosing, & Eliminating Pesky Pests, Stinky Stenches, Musty Mold, and Other Aggravating Home Problems.** Jeffrey C May and Connie L May. Baltimore: Johns Hopkins University Press. 2008. Soft cover, illustrated, 200 pages, \$16.95.

As part of their continuous vigilance against allergen exposure, atopic individuals and asthmatics routinely need to control environmental triggers in their homes. This is a workbook-style compendium of "do's and don't's," case studies, recommendations, and resources to improve home indoor air quality, for people with and without environmental sensitivities. The book is arranged in a popular, easy-to-read, guide format similar to the "... For Dummies" series, in which the text is rich with boxed hints, tips, anecdotes, and reminders. There are also plenty of lists of questions and lined

spaces for the reader to respond to and list problems specific to his or her situation. The workbook format is apparently designed to induce reader involvement; however, without a classroom, workgroup, or other interactive context that provides feedback, I question the utility of this format. Further, I think the book would have been more useful with a spiral binding that would allow it to lie flat; the standard hard-spine paperback construction makes it harder to enter handwritten text.

The book is divided into 2 parts: "Mold, Mildew, and You" (105 pages) and "Problems Other Than Mold" (66 pages). The chapter "Mold: Inside, and Out" covers water and mold issues, and provides do's and don't's about a dwelling's susceptible locations. The chapter discusses floods, garages, heating and cooling systems, things to watch for when considering buying a house or automobile or staying at a hotel, and how to deal with a home's exterior, especially factors that slow or prevent rain-shedding. There is a long list of helpful hints, some of the more constructive of which include keeping basements and crawl-spaces within the building's conditioned space, the use of barrier systems, and the use of hygienic methods when removing moldy and water-damaged materials. One recommendation I questioned was that environmentally sensitive people should always test fiberglass insulation within a crawlspace. I am not clear why they make that recommendation; such tests can be difficult to interpret and may cause unnecessary occupant anxiety.

The chapter "Confirmation and Remediation" covers testing for mold, the decision on whether to clean up the mold yourself or to hire a professional remediation firm. One of the most useful pieces of advice is on the questionable value and validity of mold air sampling. The Mays agree with the emerging professional consensus that air sampling for mold is unnecessary in most cases, and they discuss ways to ensure that mold remediators are well-qualified and cognizant of industry standards.

In the chapter "What and Where?" the Mays explore means to solve a wide range of contaminant-producing problems. They begin with rooms that have piped-in water, and provide diagrams (eg, how a toilet operates), and ways to prevent indoor air quality problems from these moisture-generating spaces, such as making sure the dryer exhausts completely to the outdoors.

The next section, about other rooms and contents, reviews methods to prevent beds, furnishings, rugs, carpeting, shelves, and home office machines from becoming contaminant sources. Valuable information is also provided regarding smoke and harmful gases, heating and cooling systems, pet-dander management, control of pest infestations, and renovation and construction.

The chapter "Everyday Cleaning" provides recommendations on the use of vacuums with high-efficiency particulate air (HEPA) filters, air purifiers, avoiding irritating cleaning products, and how to minimize aerosolization by using damp wiping and cleaning wipes instead of spray cleaners.

The chapter "Testing" briefly discusses testing for carbon monoxide, formaldehyde, radon, and volatile organic compounds. As in the other chapters, there are lists of resources, organizations, and products.

This book is for a lay audience, and the language and style sometimes seems alarmist. There are nontechnical uses of terms throughout. Jeff May is a self-described environmentally sensitive individual, which may have contributed to his occasional use of hyperbole (eg, "nightmarish mold") and his liberal use of exclamation points. He also appears at times to support certain controversial recommendations, such as requiring a fragrance-free workplace and telling us not to live in a home with a finished basement. So, some of the book's recommendations, as with any health-care practitioner, should be considered in the light of a second opinion.

Examples of some of the book's best advice include: a simple paper towel method for determining whether a given surface is the source of a problem odor; using a box fan in a window to establish negative pressure in a room to locate problem odors; tips on how to respond to a flood in the house; and minimizing the use of plug-in air fresheners. Because many of the tips on reducing contaminants rely on various cleaning measures, this book's recommendations sometimes blur the usefully hygienic and the simply esthetic, so at times I thought I was reading "Hints from Heloise."

Nevertheless, the book covers a wide range of subjects in an easy-to-understand fashion. As an indoor-air-quality investigator, I was familiar with many of the problems presented in the book, but there were also tips and information new and valuable to me, including an apparently rising inci-