

ical journals, demonstrating correct application of the concepts of relative risk, odds ratio, correlation, regression, survival analysis, and sensitivity/specificity. These examples provide useful perspective. This section requires more time to read, but it has clearly labeled section headings for quick retrieval.

Overall, this handbook is an easy-to-read, brief overview of statistical analyses in medical research. When appraising the value of this handbook, the critic must recall the intended audience. Without question, prior knowledge of statistics will make this handbook seem rudimentary. The authors claim that a read from start to finish will provide a complete course in commonly used medical statistics, which may be an overstatement. Yet the health-care professional in-training without prior knowledge of statistics will find the simple language, user-friendly symbols, and examples very helpful. In fact, the “What to Watch Out For” paragraphs often provide the most insightful messages.

One disappointment was the brevity of the review of incidence and prevalence. The authors acknowledge that these 2 topics, which are fundamental to descriptive epidemiology, are very often used in the literature, but they provide only a brief paragraph of explanation, in the final section. As well, compared to other “handbooks,” the dimensions of the volume are larger than expected for the amount of text per page. This may limit the ease with which trainees can transport this reference in the coat pocket.

In summary, this well constructed handbook provides a simple and concise overview of basic statistical topics. Unnecessary statistical jargon is avoided, user-friendly symbols help guide the reader, and real-world examples illustrate the concepts chosen by the authors. I recommend this text as a quick reference and introduction to statis-

tical terms and tests for trainees. When appraising the medical literature, readers will appreciate the ease with which this handbook informs their interpretation of medical statistics.

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**Pulmonary Rehabilitation: Guidelines to Success**, 4th edition. John E Hodgkin MD, Bartolome R Celli MD, and Gerilynn L Connors RRT. St Louis: Mosby/Elsevier. 2009. Hard cover, illustrated, 592 pages, \$69.95.

This book provides an extensive review of the literature relating to various aspects of pulmonary rehabilitation. It seeks a scientific basis for pulmonary rehabilitation and brings together a variety of authors with relevant clinical and scientific experience.

The authors’ writing styles are clear, concise, and coherent, thus making the book easy to read and very informative. Each chapter begins with a brief summary of the main topics that will be covered, which makes it easy to follow the topics.

The 34 chapters are grouped into 6 sections, each covering one topic in pulmonary rehabilitation. Section 1 gives a brief but interesting summary of the history of pulmonary rehabilitation and concludes that it is more widely accepted now than it was in 1984, when the first edition of this book was published.

The authors are very authoritative in section 2, in which they describe the principal concepts of the field of pulmonary rehabilitation. Their discussion goes from pulmonary-rehabilitation patient-selection criteria (based on physiologic and functional pa-

rameters) to the physiopathology of chronic obstructive pulmonary disease and why it is a systemic disease. In my opinion, this section provides essential basic information for non-specialists in this field.

Likewise in section 3, the authors concisely and instructively bring together the main pulmonary rehabilitation therapies, covering pharmacologic and oxygen therapy; physical, nutritional, and psychological training; smoking; sexuality; and new preventive strategies for patients with chronic lung disease. In my opinion this is the most interesting part of the book.

Sections 4 and 5 describe new approaches to pulmonary rehabilitation in special situations, such as lung transplantation, sleep disorders, pulmonary hypertension, and pediatric patients with chronic lung diseases.

Finally, section 6 brilliantly describes the benefits already achieved and the future of pulmonary rehabilitation. Paraphrasing the author, “Pulmonary rehabilitation has evolved from criticism in the 1970s to the standard of care for patients with chronic lung disease.”

The bibliography seems very pertinent and up to date; all the papers and publications I knew of, and many more, are cited.

I congratulate the authors and conclude that this book is an important tool for pulmonary rehabilitation professionals-in-training, as well as a consultative source for pulmonary rehabilitation professionals. I highly recommend it to everyone with professional activities related to pulmonary rehabilitation.

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