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BOOK REVIEW

Title: KORONARERKRANKUNGEN (In German)
Editor: H. Roskamm
Publisher: Springer-Verlag, Berlin
 Price \$188.20 DM 480 1386 pages

The volume "heart diseases" is part of the handbook of internal medicine and probably the most revised part of the three volumes "heart and circulation". Since the last edition 25 years have passed, during which time diagnostic techniques and conservative and surgical therapy of coronary diseases have fortunately made great advances, which are discussed in the 46 chapters. After the introductory chapters about physiology and pathophysiology of coronary blood flow and pathological anatomy of coronary insufficiency the epidemiology of the risk factors (including the psychosocial aspects) are described, followed by the discussion of the functional diagnostic methods (e.g. the different ECG-possibilities, X-ray methods, computer-tomography, echocardiography, methods using radio isotopes and different heart catheterisation methods including coronary angiography and ventriculography). This part not only describes technical details, but also informs about the methodological value of diagnosis and prognosis of coronary heart disease.

The surgical methods (aortocoronary bypass, aneurysmectomy, intra-aortal pump and heart transplantation) are also presented. Problems of re-establishment of coronary patients into their jobs are described in the last chapter. Every chapter finishes with some hundred references from international literature.

The interest group therefore includes all physicians working on cardiology in hospitals in consultant practice and sports physicians who may be interested in cardiac rehabilitation. For them the topics "early mobilisation after myocardial infarction and coronary operation", "movement therapy" and "prevention and therapy of cardiac incidents" are of particular importance. The heart patients who take part in rehabilitation programmes are divided into two groups: (a) those who are able to perform more than 75 watts exercise at a higher level with an increasing adaptation effect to most organs including their oxygen supply. (b) the less efficient performing group who exercise predominantly neuromuscular co-ordination in order to economise movements.

An important topic of movement therapy is the prevention or rather the positive influence on cardiovascular risk factors. The reader will find partly contradictory epidemiological and experimental investigations of the past 20 years critically evaluated, and trends are formulated (e.g. for the hyperlipoproteinaemia or moderate hypertension). Other topics still under discussion are clearly analysed in regard to the different points of view: e.g. the slowly ascending ST-segment in the exercise ECG or the therapy of cardiac patients with anticoagulants. There is, however, no discussion about the potentiality of two risk factors with women: oral contraceptives and smoking, which increase the risk of myocardial infarction by a factor 10 and 40 respectively.

The handbook character of the book in question is guaranteed on one side by the complete reversion of the topic "coronary diseases" by a team of more than 50 well-known specialists and on the other side by the number of references. But nevertheless this book is no reference book. The physician who in practice is confronted with cardiological questions will successfully find an answer in this book which is easily understandable and divided into small chapters and he probably wants to read more – as the reviewer did – as would be necessary to answer the question.

E. D. Lübs, Professor of Cardiology, University of Kassel, Germany

BOOK REVIEW

Title: MANUAL OF STRUCTURAL KINESIOLOGY
Author: Clem W. Thompson
Publishers: Times Mirror/Mosby College Publishing, 1985, 10th Edition
 Price: £19.50 146 pages Index Softback ISBN 0-8016-4952-8

The first edition of this book was published nearly forty years ago so its relevance and popularity in the field of basic kinesiology are well established. One joint of the body is considered at a time, along with an illustration of each of its accompanying muscles. The muscles are then grouped together as prime movers and typical functional activities delineated. This treatment prevents students becoming so engrossed in learning individual muscles that they lose sight of the total muscular system. Only about a hundred of the largest and most important prime movers are considered so the appeal is towards the physical educator and coach rather than the anatomist and physician.

Photographs, colour plates and useful Student Objectives provide a more attractive format than previous editions with additional details of multigym and isokinetic machine extending the modern range of applied training methods.

It is surprising that the "rotator cuff" muscles do not find a place in the Index and the author has still to find a cogent method of illustrating the serratus anterior muscle, admittedly a difficult problem. It is also hard to imagine a woman performing an unmodified pull-up with so little apparent strain and using an incorrect grip. Apart from these minor cavils, this is an excellent edition, well up to former standards, if somewhat overpriced.

D. H. Williams