

# PostScript

## BOOK REVIEWS

### Sports nutrition (handbook of sports medicine and science)

Edited by R J Maughan, L M Burke. London: Published by Blackwell Publishing, 2002, £25.95, softcover, pp 187. ISBN 063205814

At first glance, this book could be mistaken as the abridged version of *Nutrition in sport*, which is the latest publication in the IOC Medical Commission's *Encyclopaedia in sports medicine and science* series. *Nutrition in sport* is the definitive text on sports nutrition because all the relevant topics are covered by internationally recognised experts in the field. It is a delight for researchers and teachers because it provides authoritative, well written comprehensive reviews of the current literature on all the relevant topics in sports nutrition. So why bring out another text so quickly after the publication of *Nutrition in sport*? The answer is to help bridge the gap between principles and practice. This *Handbook* succeeds because it not only provides the reader with the essential background on the nutritional preparation for, the participation in, and the recovery from training and competition but also because it is written by two of the most accomplished scientists in sport and exercise nutrition. They present the background to each topic and then follow this with a series of "expert comment" and a series of "case studies" on the topic under consideration. The authors of the expert comments and case studies are internationally acclaimed experts in their respective fields. This format works well, so much so that I would recommend this text as required reading for all courses on sport and exercise nutrition. In the first of the three sections, the authors present well balanced information on the contributions of the macronutrients and micronutrients to energy metabolism during exercise. The study of the micronutrients is usually regarded as a Cinderella topic because of the less than obvious contributions they make to exercise performance. However, the inclusion of expert opinion on, for example, whether athletes should consider iron injections, as well as case studies on runners with low calcium intake, help lift this topic above the boredom threshold for most students. Knowing the studies that Ron Maughan has carried out on alcohol and rehydration, I was pleased to see a chapter on alcohol intake because it is ignored in many texts on sports nutrition. Had space been available, I am sure that the authors would have explained in more detail that alcohol ingestion has a fat storing effect because fat metabolism is depressed in favour of the oxidation of alcohol, carbohydrate, and protein and so it is not simply about ingesting the extra 7 kcal/g.

Those who know the literature supporting the current recommendations on eating for competition may think that they can skip the second section of the *Handbook* because the titles of the chapters are so familiar. My

advice is to read them because they contain priceless nuggets of information that are normally only shared with colleagues or are offered in answer to questions at the end of lectures given by these two distinguished scientists.

Section three of the *Handbook* gets to grips with more practical questions. The chapter on assessing the nutritional status and needs of athletes should be read by everyone who intends to report information on the energy and food composition of subjects in their studies on food intake and performance. It will not only change the way you undertake dietary assessments, but it will also change the way you interpret dietary information in the literature on human nutrition. This is also particularly relevant because probably the most often asked questions in sports nutrition are "how much should I eat?" and "how do I lose weight?" The chapter on this topic along with the case studies and expert comment provide clear guidance on how to answer these questions. If you were thinking of trying a high fat diet to improve your performance, then read John Hawley's comments on the latest research on this topic before you make the change. If I could recommend an additional chapter or even a series of additional case studies to be added to the next edition of the *Handbook*, then they would be on the topics of nutritional strategies for athletes recovering from injury and for athletes retiring from professional sports.

Notwithstanding the contribution that *Nutrition in sport* makes in providing such a definitive text for those of us researching and teaching sports nutrition, in my opinion the *Handbook* will have a greater impact on the understanding and practice in sports nutrition because it will reach a much wider readership than its larger sibling. Ron Maughan and Louise Burke are to be congratulated for giving us this essential guide to the principles and practice of sports nutrition.

#### Analysis

|                     |        |
|---------------------|--------|
| • Presentation      | 18/20  |
| • Comprehensiveness | 18/20  |
| • Readability       | 20/20  |
| • Relevance         | 20/20  |
| • Evidence basis    | 19/20  |
| • Total             | 95/100 |

C Williams

### Atlas of pain injection techniques

Edited by T O'Connor, S Abram. London: Published by Harcourt Publishers Ltd, 2003, £49.99, hardcover, pp 141. ISBN 044306380X

Injections have a well recognised role to play in managing pain in many musculoskeletal conditions. Joint injections are commonly used now by a variety of medical practitioners

from GPs to rheumatologists and orthopaedic surgeons. Muscle injections into myofascial trigger points are also gaining favour, with many practitioners now utilising both injections and dry needling techniques. This book therefore had great potential.

One major change in current practice with regard to injection techniques is that many are now "guided". Ultrasound, fluoroscopy, and computed tomography are all used to aid the physician in the accurate placement of the needle, with the result that we more often refer a patient to a radiology department for a guided injection, which many of us used to do blindly.

The introduction, giving us an overview of the current thinking on pain transmission, is fairly in depth, but it cites no references to support many of its statements. If our understanding of pain has moved on recently, we ought to have access to the evidence base for the interested reader to follow up.

Unfortunately, for the majority of readers, this book will not be what they were expecting. Its stated aim was to provide a description of many of the basic regional anaesthetic tools and the common joint and muscle injections that may be of benefit to patients with persistent or severe pain. It does cover regional anaesthesia fairly well, particularly the chapter on autonomic blocks, but it really skims over the two chapters that most readers of this journal would open it for: joint injections and muscle injections.

The chapter on joint injection only addresses three joints, and all should now be carried out under radiographic guidance, so they are of academic interest only. The chapter on muscle injection also lacks any real detail and is essentially a summary of some of the myofascial trigger points that can be injected with local anaesthetic. The vast majority of soft tissue injections, most of which are performed for pain management, have been omitted, so the book lacks balance and the general appeal that the title suggested it may attract.

As an atlas, it is clear and structured, with good illustrations. The accompanying text is in bullet point format, so there is a lack of detail in some areas, but it is very easy to follow. I did like the appendix on dermatomes, which is an excellent pictorial view of human dermatomes in different anatomical positions—a useful addition to any aide memoir. Also, I was not sure why they needed to add a chapter on TENS in a book on pain injection techniques!

This book is therefore pitched very much at the anaesthetist involved in pain management or perhaps the radiologist doing a lot of

#### Rating

|                     |        |
|---------------------|--------|
| • Presentation      | 16/20  |
| • Comprehensiveness | 12/20  |
| • Readability       | 15/20  |
| • Relevance         | 12/20  |
| • Evidence basis    | 10/20  |
| • Total             | 65/100 |

guided injections. It does not offer much to the generalist in sports medicine other than an overview of some of the more specialist regional anaesthetic techniques available today.

A Nicol

### **Kinanthropometry and exercise physiology laboratory manual, 2nd edition. Volume 1: Anthropometry; Volume 2: Exercise physiology**

Edited by R Eston, T Reilly. UK: Published by Taylor and Francis Group, 2001, £27.99 each, softcover, pp vol 1 302, vol 2 298. ISBN vol 1, 0415236134; vol 2, 0415251885

This two volume series is aimed squarely at lecturers and students of human movement and sports science, although high level coaches and those in the sports medicine and fitness industries may also appreciate its contents. The two volumes are of equal size, and, although containing tests for capacities including body composition, proportion, size, growth, and somatotype, the title of volume 1, "Anthropometry", masks some important information contained therein.

Having reviewed the literature on each topic, chapter authors generally describe and critique current assessment techniques for each of the capacities mentioned above, then provide step by step procedures for the accurate and reliable acquisition of data. The reader is also provided with normal or comparison data so that the application of these tests and measures can be discussed. I was particularly pleased to read the chapters in part 4 of this volume, which is entitled "Special considerations". This section contained chapters on body image, basic statistical treatment of data, and adjusting for differences in body size through dimensional scaling.

I did, however, find one or two problems in the early part of this volume. This second edition was published in 2001, so it is understandable that the work does not contain some of the changes to standard landmarks and techniques published by the International Society for Advancement of Kinanthropometry (ISAK) in recent years. Of greater concern though was the credence given to the outdated and highly questionable use of skinfold regression equations for the prediction of % body fat in the practical section of chapter 1.

The second volume contains assessment tools for neuromuscular function, pulmonary and cardiovascular function, the efficiency of energy systems, and regulation of energy expenditure and exercise intensity. The chapters generally follow the same format as for volume 1, with many examples of real data for students to appreciate the quantum of each measure. Several parts of this volume, including chapters on thermoregulation,

heart rate, and perceived exertion, as well as submaximal exercise performance should also appeal to professionals in ergonomics and human factors.

On balance, I believe this two volume set to be of great use in the training of future professionals in the sports science field. Both volumes are well priced and may be purchased separately. They are easy to read, contain plenty of illustrations and figures to support the text, and provide a useful synopsis of current assessment practice within the discipline. However, readers should not expect this book to provide much information on strategies for modifying these biological capacities. These discussions are beyond the scope, and not necessarily the intent, of the publication.

#### Rating

|                     |        |
|---------------------|--------|
| • Presentation      | 16/20  |
| • Comprehensiveness | 16/20  |
| • Readability       | 18/20  |
| • Relevance         | 15/20  |
| • Evidence basis    | 18/20  |
| • Total             | 83/100 |

T Ackland

## CALENDAR OF EVENTS

### **UK Radiological Congress 2005 (UKRC 2005)**

6–8 June 2005, Manchester, UK

The UK Radiological Congress (UKRC) meeting will encompass the medical, scientific, educational, and management issues that are of interest and relevance to all those involved in the diverse fields of radiological sciences and oncology.

The UKRC provides a forum in which to bring together clinicians, scientists, radiographers, technicians, and other professionals to present and discuss the latest developments and challenges in diagnostic imaging, radiotherapy, and allied radiological sciences.

Key subjects to be covered include: diagnostic radiology; ultrasound; nuclear medicine; interventional radiology; veterinary radiology; emerging technologies; image analysis; computer applications; PACS; radiobiology; radiological physics; management & audit; computed tomography; magnetic resonance; equipment development.

Expected attendance (conference and exhibition): 4000

*Further details:* UKRC 2005 Organisers, PO Box 2895, London W1A 5RS, UK; Website: [www.ukrc.org.uk](http://www.ukrc.org.uk); Fax: +44 (0)20 7307 1414; Conference tel: +44 (0)20 7307 1410, Email: [conference@ukrc.org.uk](mailto:conference@ukrc.org.uk); Exhibition tel: +44 (0)20 7307 1420, Email: [exhibition@ukrc.org.uk](mailto:exhibition@ukrc.org.uk)

### **1st World Congress on Sports Injury Prevention**

23–25 June 2005, Oslo, Norway

This congress will provide the world's leading sports medicine experts with an opportunity to present their work to an international audience made up of physicians, therapists, scientists, and coaches. The congress will present scientific information on sports injury epidemiology, risk factors, injury mechanisms and injury prevention methods with a multidisciplinary perspective. Panel discussions will conclude symposia in key areas providing recommendations to address the prevention issue in relation to particular injuries and sports.

*Further details:* Oslo Sports Trauma Research Centre and Department of Sports Medicine, University of Sport and Physical Education, Sognsveien 220, 0806 Oslo, Norway. Email: [2005congress@nih.no](mailto:2005congress@nih.no); website: [www.ostrc.no](http://www.ostrc.no)

### **Osteosynthese International 2005**

15–17 September 2005, Curiohaus, Hamburg  
Congress-Chairman: Johannes M. Rueger, M.D., Professor and Chair  
Topics:

- Innovations in intramedullary osteosynthesis
- New frontiers in osteoporosis and fracture treatment
- Current trauma research
- Special topic: Recent development in pelvic and acetabular fractures

Abstract submission deadline: 31 March 2005

*Further details:* INTERCONGRESS GmbH, Martin Berndt, Düsseldorf Str. 101, 40545 Düsseldorf-Germany. Tel: +49 211 585897-80; fax: +49 211 585897-99; email: [martin.berndt@intercongress.de](mailto:martin.berndt@intercongress.de); website: [www.osteoint2005.de](http://www.osteoint2005.de)

### **4th European Sports Medicine Congress**

13–15 October 2005, Lemesos, Cyprus

*Further details:* Email: [pyrgos.com@cytanet.com.cy](mailto:pyrgos.com@cytanet.com.cy)

### **BASEM Conference 2005**

10–12 November 2005, Edinburgh, Scotland

*Further details:* Email: [BASEMinfo@aol.com](mailto:BASEMinfo@aol.com)

### **BASEM Conference 2006**

5–7 October 2006, Oxford, UK

*Further details:* Email: [BASEMinfo@aol.com](mailto:BASEMinfo@aol.com)