

the notes precludes much detail on management, but there are pointers given which should form the basis for further reading. The book is aimed primarily at examination candidates and particularly those sitting part two of the membership. Nevertheless, it will be of interest to trainees, medical students, and health care specialists in general medicine and rheumatology. The pocket book format facilitates taking the book onto the ward or reading it on the train!

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Arthritis and Allied Conditions. Vols I and II. Eds D J McCarty, W Koopman. 12 ed. (Pp 2200; £162.) London: Williams & Wilkins, 1992. ISBN 0 81211 430 2.

The 12th edition of this well known American textbook covers the period 1989–93. Professor Daniel McCarty is joined as editor by Dr William Koopman, who will edit the next edition. Three new chapters mean expanding to two volumes with authors from across the States, and contributions from Belgium, Canada, Japan, Switzerland, and the United Kingdom.

The first section introduces us to the study of the rheumatic disease with two chapters on palaeopathology. We learn about research into dinosaur bones and that the aetiology of human avascular necrosis may be elucidated by studying diving habits and physiology of turtles. Epidemiology of the rheumatic diseases, currently important, is well covered world wide and space is given to the rarer rheumatic diseases as well as fibromyalgia and back pain. Clinicians will find the differential diagnosis of arthritis written by such an experienced physician as Dan McCarty a delight. His description of the rapid sacroiliac and spine examination performed by draping the patient over the couch like a policeman frisking a suspect merits investigation. A new chapter on magnetic resonance imaging shows beautifully how early changes in inflammatory or degenerative arthritis can be recognised. This technique also performs well in tendon problems and rotator cuff tears. Another new chapter on osteoporosis and bone mineral assessment acknowledges the interest of many rheumatologists in the field. Clinical evaluation of the rheumatic diseases is well covered but lacks information on general outcome measures, of increasing importance in today's internal market philosophy.

The section on the scientific basis for the study of the rheumatic diseases gives ample meat for the scientist, with chapters on structure and function of joints, synovial physiology, collagen, cartilage, and the many cells involved in

the rheumatoid process. Clinical pharmacology of anti-rheumatic drugs is well represented with more attention paid to methotrexate than sulphasalazine (salazopyrin). An excellent personal account of treatment is provided by Daniel McCarty, extolling the advantages of combination therapy as opposed to the old pyramid system.

A whole section is devoted to rheumatoid arthritis. Chapters on aetiology and pathogenesis, pathology, tissue destruction, and the clinical picture are interesting. A detailed description of exercises for individual joints and explanations of electrotherapy, transcutaneous electrical nerve stimulation, diathermy, and ultrasound appear in the rehabilitation section. Surgery is described by well known authors in the field but, considering how largely the cervical spine figures in clinical practice, coverage is sparse with few references.

The section on the other inflammatory arthritides concludes with an interesting chapter on food allergy, diet, and nutrition. We learn that more than 90% of American arthritic patients spend nearly one billion dollars annually on unproved remedies, including diets—might this be the same in the United Kingdom? Interest in systemic rheumatic diseases is reflected in a detailed section containing chapters devoted to autoantibodies in lupus and the important antiphospholipid syndrome. An authoritative chapter on fibromyalgia, restless leg syndrome, periodic limb movement disorder, and psychogenic pain will interest the clinician.

A section on regional disorders of joints and related structures provides an interesting approach to common problems, reminding us of useful physical signs, investigations, and treatment. Osteoarthritis and metabolic bone and joint disease receive good attention. The latter, written by one of the books' editors provides a goldmine for crystal enthusiasts.

The final section on infectious arthritis gives an important account of the diagnosis and treatment of the many bone and joint infections, debating as always the merits of medical *v* surgical drainage. The last chapter of the book on retrovirus associated rheumatic syndromes acknowledges the importance that rheumatic complaints in HIV infection have assumed recently.

One general feature which irks is lack of colour plates to illustrate rashes and histopathology. More judicious use of colour plates would have been helpful.

As we in the United Kingdom are pulled close towards the rest of Europe by unification of training programmes, etc, it is important to keep in touch with the advances and technology of the New World which this book amply describes. Overall this is an excellent update which will be valued by every rheumatology unit and practitioner.

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