

and ends with the author highlighting the importance of applying scientific integrative medicine to clinical practice.

Adrenaline and the inner world is aimed at a wide audience, from physicians, medical students and nurses to theology students and patients' families. Through the use of helpful diagrams and analogies (such as comparing thermoregulatory homeostatic mechanisms to a building's HVAC system) and many examples from popular culture, this book succeeds admirably in illuminating many of the central concepts of autonomic function and its role in disease processes. In addition, the author clearly has a great interest in and knowledge of the history of medicine. Engaging anecdotes detail the discovery and evolution of our understanding of the autonomic nervous system and educate the reader regarding important historical figures, such as Cannon.

According to the author, scientific integrative medicine is a philosophy towards the practice of medicine that uses a systems approach to understand disease processes and develop treatments while also recognizing the impact of genetics and exposures early in development on an ever-changing internal workings of the body. This book provides an excellent description of scientific integrative medicine and its application to clinical practice. However, the lack of discussion of the integration of basic science research into medical practice is unfortunate, especially since the majority of our understanding of the autonomic nervous system comes from basic science labs. Basic science researchers have long appreciated the effect that multiple systems have on each other at any given time, an approach that this book clearly advocates. It was also disappointing how few references were assigned to statements made in this book; if a reader wished to delve further into a particular area, it would be very difficult to locate the exact source of information.

While it is entirely appropriate that a book intended for a broad audience should not get too caught up in details, the description of autonomic physiology may seem oversimplified to neurologists or autonomic neuroscientists. For instance, it is stated that the neurotransmitter of the enteric nervous system has not been identified whereas acetylcholine, ATP, nitric oxide and serotonin have each been shown to play a role in this system. Nonetheless, this text will be a valuable resource for anyone with a general interest in autonomic neurophysiology and would likely be of most use to a medical student, undergraduate student, or a well-educated patient. We would not hesitate to recommend this book to anyone with a general interest in the regulation of bodily function and the history of medicine.

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EUROPEAN HANDBOOK OF NEUROLOGICAL MANAGEMENT. 2006. First Edition. Edited by Richard Hughes, Michael Brainin, Nils Erik Gilhus. Published by Blackwell Publishing. 623 pages. Price C\$187.

The European Handbook of Neurological Management is a compendium of chapters which review the investigation and

management of selected neurological problems. Each chapter is written by a task force of the European Federation of Neurology composed of a multinational European group of authors. Many of these task forces are linked with European organizations; for example, the chapter on acute stroke is also the official policy of the European Stroke Initiative.

The focus is powerful in its commitment to provide evidence based conclusions. Where evidence is lacking, expert consensus guidelines are provided. The methods used to review and establish the guidelines are clearly documented.

The editors' note in their introduction that the coverage of the book has necessarily been opportunistic, being based on areas of particular interest and enthusiasm to European authors.

There were eight chapters dedicated to neurological investigations. The chapter on CSF analysis provided some useful data on the incidence of oligoclonal banding in various disorders and helpful points about the use of PCR.

The chapter on neurophysiological testing and neuroimaging in non acute headache included sections on EEG, evoked potentials, blink reflexes, etc. The abundant negative recommendations, including the advice that interictal EEG and autonomic tests are not indicated as part of the routine assessment of headache patients, should be so self evident to the sensible neurologist, that a full chapter on this topic seemed unnecessary.

A comprehensive and useful chapter on use of anti-interferon antibodies in MS was followed by a chapter on the use of anti-nerve antibodies. This chapter reviewed the responses to a survey regarding assay availability, methodology, and quality control amongst a sample of European centers utilizing anti-nerve antibody testing. Allowing for some general points of interest, there was no practical information of use to the practicing neurologist.

The 12 page chapter on use of skin biopsy in the diagnosis of peripheral neuropathy provided exhaustive methodological information and normative data. The few short paragraphs on correlation with clinical measures pointed out that only a few studies correlated epidermal innervation density to validated clinical scales. One does not get a clear sense of the value or role of this procedure in clinical practice.

The chapters on major neurological diseases were generally excellent. For example, the chapter on acute stroke had a balanced and broad summary of stroke prevention and management that summarized the important findings of key studies in a clear and succinct manner. Of course, the rapid emergence of new data on the management of stroke limit some aspects of its value in the text format. The report indicated updates are available on the internet but the site(s) were not given.

There were two chapters on Parkinson's management (early and late), with a sound review of the data. Of course, as an evidence based review, it is difficult to capture the complexities of many management issues applicable to the individual patient and the value of useful treatments is sometimes understated. For example, in discussion of the management of psychosis, it states: "There is insufficient data on quetiapine, but it is possibly useful." Of course, experienced neurologists will recognize the considerable value of quetiapine and invariably will use this before clozapine for which the evidence of its role in psychosis is stronger.

Comprehensive sections on MG, ALS, and several autoimmune neuropathies will no doubt be of substantial utility to the practicing neurologist. These chapters included useful lists of diagnostic criteria and classification data along with concise management recommendations.

The selective nature of the topics chosen is recognized by the authors but some of this selectivity is striking. For example, there is a chapter on Acute Relapses of MS but there is no chapter on disease remitting therapy (DRT). Since there are also chapters on imaging in MS and use of antibody measurements in MS, the absence of a review on DRT seemed perplexing. Individual chapters are dedicated to Brain Metastases and Paraneoplastic syndromes but none to Primary Brain Tumors. Limb Girdle Muscular Dystrophies were reviewed but Inflammatory Myopathies were not.

A short chapter on nystagmus and oscillopsia was surprisingly included in the book. The discussion on Seesaw Nystagmus included a recommendation box stating....“alcohol had a beneficial effect in two patients”. A very short section on paroxysmal vestibular disorders pointed out that MRI may show compression of the VII nerve, but did not mention anything about the far more common Benign Paroxysmal Positional Vertigo.

Several chapters on various sleep disorders including sleep disorders in neurological disease, narcolepsy and RLS provide useful reviews.

The quality of the material and the expert considerations given in this handbook are without reproach. This is indeed a tremendous body of work that will provide a useful benchmark for the standard of neurological care for many disorders.

This is a source of reference that effectively compiles the best available evidence. For some clinical problems, particularly complex problems, the reader will have difficulty translating the summary of the evidence into a practical approach to the management of the individual patient. In addition, the inevitable conclusions in such a review that there is insufficient evidence to recommend a specific treatment often leaves one dangling and readers will need to constantly be aware that this does not mean that a treatment should not be given to an individual patient.

The selective nature of the chapters ranging from in-depth analysis of highly focused topics to the omission of broad topics of interest will very much limit the value of this first edition as an item to keep on the book shelf of the typical practitioner of neurology. The excess of typographical errors was distracting. The editors recognize this work is “only the end of the beginning” and indeed this is an excellent work in progress.

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THE BANANA LADY AND OTHER STORIES OF CURIOUS BEHAVIOUR AND SPEECH. 2007. By Andrew Kertesz. Published by Trafford Publishing. 237 pages. Price C\$23.

Dr. Andrew Kertesz has written a fascinating new paperback monograph, *The Banana Lady and Other Stories of Curious*

Behavior and Speech.. This is a short but highly relevant monograph on the clinical presentation, phenomenology and ongoing course of patients suffering from frontotemporal dementia and associated disorders. It focuses on multiple audiences -- residents, clinicians, nurses and caregivers and the lay public. The language is straightforward and all clinical terms are carefully explained.

Frontotemporal dementia is probably the most catastrophic of the neurodegenerative diseases. The progressive dissolution of personality coupled with the, at times curious, but often disruptive behavioral disturbances, create social and interpersonal chaos which can continue for years leading to eventual disintegration of families and institutionalization.

The initial diagnosis is often not straightforward. As chronicled in the book, the diagnosis is rarely made by the first clinician who sees the patient. This is in large part because behavioral symptoms at the onset of disease are not easily characterized and are difficult to objectify and quantitate. There is not a simple MMSE for behavioral disturbances. Through the use of 19 case studies Kertesz develops a clear picture of the various clinical behavioral phenomena and gives vivid examples. Kertesz provides many clinical pearls. For example, beware of the patient who has a change in personality who develops food fads or gluttony. The phenomenology is then explained biologically through interesting historical anecdotes ranging from the original phenomenology of the Kluver Bucy Syndrome to more recent work suggesting that food fads indicate more left temporal pathology while gluttony is right temporal in origin. Many behaviors are described including utilization behavior, obsessive compulsive behavior, inappropriate jocularity, hypersexuality, senile squalor and others. Kertesz utilizes an interesting tool of listing phrases caregivers have provided to describe various behaviors.

Several other major disease entities are also described. Clear cases of Primary Progressive Aphasia, Semantic Dementia, Corticobasal Degeneration and Progressive Supranuclear Palsy are outlined. The entire gamut of Dr. Kertesz's controversial “Pick Complex” is reviewed and an interesting description presented of how he arrived at his integrated view of these disorders. He gently guides us through the arcane and interrelated pathology of these conditions.

An important chapter at the end of the book is directed to caregivers and provides practical advice that has proven valuable to his patients in the past.

This book will interest a broad audience. It is written in accessible style which will provide valuable information for the lay public, caregivers, support workers and nurses. It will prove to be a valuable resource for residents and clinicians in Geriatrics, Psychiatry and Neurology. It comes highly recommended.

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