



Buying this book not only wastes patients' money but also supports a very harmful movement. The sad thing is that the book is only one of many publications that undermine this valuable medical and public health tool. If you want to do your patients a favour, buy a copy of *Your Child's Best Shot: A Parent's Guide to Vaccination* to be published in the spring of 1997 by the Canadian Paediatric Society, and leave it in your waiting room.

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Shouldn't I Be Happy? Emotional Problems of Pregnant and Postpartum Women

Shaila Misri. 340 pp. The Free Press; Simon and Schuster Inc., New York. 1995. \$31. ISBN 0-02-921405-X

Overall rating: Excellent
Strengths: Clarity and readability; inclusion of patient stories and of sections on what to tell patients
Weaknesses: Repetitious and chatty
Audience: Mainly patients with emotional problems during pregnancy and post partum but also their partners, families and physicians

In the introduction to this book, Vancouver psychiatrist Dr. Shaila Misri states that her goal is to provide the helpful reading material on emotional disorders during pregnancy and post partum that patients need. She "imagined a pregnant woman entering a bookstore and looking for books on the subject because she'd

had a depression that went untreated in an earlier pregnancy and is afraid that she will have the same frightening symptoms this time." She carried this image with her as she wrote the book that this patient, and those who support or care for her, would need. She has succeeded very capably.

As a specialist in reproductive psychiatry, the author has listened carefully to her patients' many questions and concerns and answered them here. She shares her years of experience and insights gained from this exclusive clinical practice. She examines normal concerns about pregnancy and the postpartum period as well as defining and explaining more serious psychiatric illnesses.

The book is divided into 2 parts. The first describes the difficulties new mothers may experience and includes psychological problems in pregnancy, medical and obstetric complications, miscarriage, fetal abnormalities and fetal death. She discusses the spectrum of postpartum depression. Chapters on breastfeeding problems and marital conflicts after childbirth are excellent inclusions; these issues are very common and rarely discussed. The role of the father is explored with understanding. The second part includes chapters on helping the patient decide when to get help as well as on the types of therapy available, including psychotherapy, drug therapy and electroconvulsive therapy.

The information is presented clearly, in simple language that is easy for patients to understand. The book has a conversational tone; one can easily imagine the author speaking to her patients in her office. At times, the book is repetitious, but this may be useful to patients who are upset and require information to be repeated.

Patients will especially like the patients' stories in each chapter, which help validate the reader's situation. Medical problems are presented as a question that is then

answered in the subsequent section.

Family physicians who treat these patients will appreciate a section entitled "What I Tell My Patients" that appears in most chapters. This section summarizes the issue and includes advice that the author has found useful and necessary to tell patients, worded simply and concisely.

Misri has achieved her goal admirably and has provided a unique resource for patients with emotional problems during pregnancy and post partum and for the family members and the family physicians who care for them. I would heartily recommend this book to them.

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Comprehensive Guide for the Care of Persons with HIV Disease. Module 2: Infants, Children and Youth

Edited by M.A. Tobin, F.J. Chow, M.I. Bowmer and G.A. Bally. 137 pp. College of Family Physicians of Canada, Mississauga, Ont. 1995. Free of charge. ISBN 1-896014-07-0. Available through the National AIDS Clearinghouse, Canadian Public Health Association, 400-1565 Carling Ave, Ottawa ON K1Z 8R1. Aussi disponible en français.

Overall rating: Excellent
Strengths: Comprehensive, well organized; contains generally useful, accurate information
Weaknesses: Outdated; lacks information on new antiretroviral agents and viral-load measurements
Audience: Family practitioners, pediatricians, obstetricians and gynecologists, nurses, nutritionists, pharmacists, microbiologists, pathologists, public health officials and anyone who cares for children or families affected by HIV

This excellent reference is available free of charge from the College of Family Physicians of