



Other chapters focus on trauma in hostile environments and in disasters. Although these chapters are not in great depth, they demonstrate the varied sources trauma victims may come from.

This glossy-cover book presents many of the concepts put forward in the advanced trauma life support course and augments these with worthwhile information on trauma-team composition and responsibilities.

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Managing Food Allergy and Intolerance: A Practical Guide

Janice Vickerstaff Joneja. 580 pp. McQuaid Consulting Group Inc., Vancouver. 1995 \$282.43. ISBN 1-55203-000-8

Overall rating: Excellent
Strengths: Systematic approach outlined in detail, with adequate, simple-to-follow materials
Weaknesses: Information is buried in the text; index needs to be extended to include more specific foods
Audience: Primarily dietitians but also other health care providers

When a food reaction does not cause physical manifestations such as hives and asthma, patients' complaints are often lightly dismissed. These patients often turn to alternative medicine to validate their reactions. Management of these patients in daily office practice is often a challenge. It can be time-consuming and frustrating for both the physician and the patient.

This manual is directed to health care providers who are interested in the task of detecting and eliminating

specific antagonistic foods or food additives and designing a nutritionally sound diet for patients with food allergies. It may also be useful for busy practitioners, who can provide the hand-out sections to patients who are motivated to design their own diet. The ultimate goal is to equip patients with the knowledge and tools they need to approach their problem rationally. Most chapters include a client information section designed to be photocopied for the patient.

The manual is divided into six sections. The first is an introduction to mechanisms responsible for allergy and intolerance and to the crossreactive antigens in foods. The second concerns detection of these foods, food components and additives. Section 3 deals with naturally occurring chemicals and food additives and their relevance. There is a subsequent section on allergies in children. A variety of controversial diseases, such as Crohn disease, irritable bowel syndrome, urticaria and angioedema, migraine, attention deficit with hyperactivity disorder, asthma, eczema, nocturnal enuresis and disaccharide intolerance are covered in the fifth section. The final section contains sample diets that eliminate allergenic foods as well as a list of cookbooks and other aids.

Throughout the book, scientific data have been kept to a minimum, but key references have been provided at the end of each chapter for interested readers.

This is an excellent guide for dietitians and practitioners willing to invest the time needed to guide patients through the often confusing and frustrating steps in detecting food allergens and eliminating them from the patient's diet. It can also serve as a handy reference for avoiding specific foods.

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ABC de la maladie d'Alzheimer

Sophie Éthier. 250 pp. Éditions du Méridien, Montréal. 1996. \$22.95. ISBN 2-89415-154-3

Évaluation générale : Excellent
Points forts : La disposition des chapitres et le contenu de ceux-ci permettent à l'utilisateur de trouver l'information désirée rapidement
Faiblesses : Manque un chapitre qui permettrait au lecteur de situer la chronologie probable des événements dans la progression de la maladie
Clientèle : Soignants de patients atteints de la maladie d'Alzheimer

Ce livre se présente sous la forme d'un guide pratique pour les soignants de patients atteints de la maladie d'Alzheimer. Le livre est structuré de sorte que les chapitres sont présentés par ordre alphabétique où, par exemple, A correspond au chapitre sur l'agitation, O à celui sur les oublis et S à celui sur la sexualité. Les chapitres sont organisés en courts paragraphes regroupés sous des titres explicites de sorte que l'utilisateur peut rapidement trouver conseil concernant un problème particulier.

Les informations sont accessibles à tous et sont données sous forme de «trucs» pratiques (par ex., installer une clochette au haut de la porte pour prévenir les fugues). Des explications simples permettent à l'aidant de mieux comprendre la raison des comportements du patient. L'auteure suggère des références appropriées pour certains points qui ne sont pas traités dans l'ouvrage (par ex., les aspects juridiques). Dans les dernières pages, on trouve un lexique de termes couramment utilisés dans les échanges avec le médecin, mais qui risquent souvent d'être mal interprétés. Le livre bénéficierait d'un chapitre supplémentaire sur l'histoire naturelle de la maladie, ce qui permettrait au lecteur de situer la chronologie probable des événements dans la