



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.

**Mamta Gautam, MD**  
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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



Canada and is highly recommended for family physicians, pediatricians, obstetricians and gynecologists and other health care professionals who care for children and adolescents with HIV infection. The authors are members of the National Working Group on Comprehensive Care for Persons with HIV Disease, and they have considerable collective experience and expertise in dealing with this disease.

The guide is complete, concise, clear, easy to read and user friendly. It details precisely the medical, ethical and social issues involved in the care of affected infants, children and adolescents. The algorithms for the investigation of fever and cough are particularly good, and the table for treatment and prophylaxis of opportunistic infections is complete and easy to follow. The module also includes excellent chapters on issues surrounding reproduction, nutritional management and palliative care. Most important, there is a complete list of agencies and pediatric HIV treatment centres where additional assistance in management can be sought.

The only drawback to this reference is that, since it was published, new antiretroviral agents have been licensed in Canada and improvements in polymerase-chain-reaction technology have meant that HIV viral-load measurements are becoming an important consideration in therapeutic decisions. No textbook can ever be completely up to date, owing to the rapid changes in HIV management. This reference is one of the best now available.

**Joanne E. Embree, MSc, MD**

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**CD-ROM**

**Child Care  
A Comprehensive Medical  
Resource to Promote the  
Physical, Emotional and Social  
Well-Being of Children**

*Corel Medical Series.* Corel Corporation, Ottawa. 1996. \$66.

<b>Overall rating:</b>	Good
<b>Strengths:</b>	Well written, easy to understand, free of jargon and well organized, with good search features
<b>Weaknesses:</b>	Fails to give specific directions for some therapies; requires a very fast computer
<b>Audience:</b>	Child-care centre directors and caregivers, instructors and students in early childhood education, family physicians, pediatricians and public health professionals
<b>System requirements:</b>	66-MHz 486 IBM-compatible personal computer, 8 MB RAM, double-speed CD-ROM drive

This CD-ROM is essentially geared toward caregivers in child-care centres. It provides comprehensive, well-written guidelines on almost every aspect of child care in these centres, where it would be a worthwhile resource.

The computer requirements, however, are fairly high; although the manufacturer recommends the use of a 486, I found that the CD-ROM was noticeably sluggish even on a 75-MHz Pentium system, although it ran well on a 120-MHz Pentium computer. I am not sure that most child-care centres would have this type of equipment available.

The CD-ROM, produced by a Canadian company, is easy to use and well presented. The initial screen contains links to the main topics as well as an index and a search command. Each topic is subdivided into different sections. Most users should be able to start using this CD-ROM

with no or only minimal explanation.

Because the text is geared to lay readers, it is written clearly and is free of jargon. It is especially strong when discussing disease prevention in child-care centres; it explains clearly and concisely how and why diseases are spread. The CD-ROM gives guidelines for the timing of a child's return to the care centre after most common illnesses and repeatedly advocates frequent hand washing by the caregivers. If these measures were rigorously adhered to, they would certainly decrease the incidence of the most common illnesses in child-care centres. Most of the guidelines have been approved by the Canadian Paediatric Society, which was associated with the production of the CD-ROM.

There is a useful section containing hand-outs for parents, which cover some common childhood problems (such as those involving diapering and sleeping) and illnesses. These can be printed and photocopied. The information provided is accurate and provides good descriptions of the problems along with suggestions concerning treatment and when to contact a physician.

Other sections deal with child safety and emotional well-being as well as issues related to the staff of a child-care centre (such as training and record-keeping) and to the centre's physical environment. The information provided seems to be comprehensive.

I do not intend to use this CD-ROM in my office because the information is not detailed enough for a medical practice. I would, however, recommend it to any parent who is considering placing his or her child in a child-care centre, as a guide to what superb child care entails. I plan to donate this CD-ROM to a local public school, to be used in the child-care centre sharing the school building and in the parent resource centre.

**Michelle Greiver, MD**

North York, Ont.