

BOOKS RECEIVED

THE INFINITE POSSIBILITIES OF A BALANCED BRAIN: LIMITLESS YOU. 2008. By Lee Gerdes. Published by Namaste Publishing. 312 pages. C\$28 approx.

NEUROSURGICAL OPERATIVE ATLAS: VASCULAR NEUROSURGERY. 2008. By R. Loch Macdonald. Published by Thieme. 296 pages. C\$315 approx.

NEUROSURGICAL OPERATIVE ATLAS FUNCTIONAL NEUROSURGERY. SECOND EDITION. 2008. By Philip A Starr, Nicholas M. Barbaro, Paul S. Larson. Published by Thieme. 304 pages. C\$315 approx.

CATASTROPHIC INJURIES IN SPORT AND RECREATION: CAUSES AND PREVENTION - A CANADIAN STUDY. 2008. Edited by Charles H. Tator. Published by University of Toronto Press. 761 pages. C\$165 approx.

CURRENT MANAGEMENT IN CHILD NEUROLOGY. FOURTH EDITION. 2009. By Bernard L. Maria. Published by People's Medical Publishing House. 808 pages. C\$250 approx.

SPINE RADIOSURGERY. 2009. Edited by Peter C. Gerszten, Samuel Ryu. Published by Thieme. 176 pages. C\$190 approx.

SPINE SURGERY. TRICKS OF THE TRADE. SECOND EDITION. 2009. Edited by Alexander R. Vaccaro, Todd J. Albert. Published by Thieme. 408 pages. C\$200 approx.

HANDBOOK OF CLINICAL NEUROLOGY MALFORMATIONS OF THE NERVOUS SYSTEM. THIRD SERIES - VOLUME 87. 2008. Edited by Harvey B. Sarnet, Paolo Curatolo. Published by Elsevier Canada. 644 pages. C\$352 approx.

STROKE ESSENTIALS FOR PRIMARY CARE - A PRACTICAL GUIDE. 2009. Edited by David Alway, John Walden Cole. Published by Humana Press. 202 pages. C\$90 approx.

BOOKS REVIEWED

SLEEP DISORDERS AND NEUROLOGIC DISEASE. SECOND EDITION. 2007. Edited by Antonio Culebras. Published by Informa Healthcare USA, Inc. 432 pages. Price C\$245.

This text is a revised (second) edition of a unique and comprehensive book on sleep disorders and neurologic disease. This book provides a thorough overview of neurosomnology or the 'neurology of sleep'. The editor, Antonio Culebras, together with 28 co-authors who are all prestigious clinical neuroscientists well known in the field of sleep medicine have produced an excellent, well written book which includes relevant neuroscience but primarily is clinically-oriented.

The new edition contains 25 chapters. The first chapter written by Antonio Culebras regarding the concept and importance of sleep medicine and neurosomnology inspires the reader to learn more about this area. Antonio Culebras states clearly in his introduction, the importance of understanding the links between clinical neurology and sleep disorders. The book provides exactly this knowledge to the reader and will be of use to both the neurologist and non-neurologist who are interested in this expanding field of medicine.

In the first chapter, which will be of interest to American trainees, there is information on training in sleep medicine in the U.S.A.

Canadian readers may be interested to know that currently, there is an initiative to develop a sleep medicine fellowship recognized by the Royal College of Physicians and Surgeons of Canada. In addition, in the first chapter under the heading 'Other National and International Sleep Societies', the Canadian Sleep Society is not listed. Canadian readers of the Journal may be interested in this organization which represents both scientists and clinicians interested in the field of sleep medicine (www.css.to.)

The following section, Infancy and Development includes two chapters outlining disorders of development and maturation of sleep and a brief review of some of the sleep disorders associated with mental retardation. Although these chapters are well-written, for the child neurologist or reader with an interest specifically in the neurology of sleep during childhood, there is only a summary of these topics presented in the text.

The remaining 22 chapters are divided into seven sections of relevance to the neurologist, or to the reader who would like specific knowledge about sleep and neurologic disease. These sections cover Insomnia and Circadian Dysrhythmias, Narcolepsy and other Hypersomnias, Motor Disorders of Sleep, Epilepsy and Parasomnias, Sleep Apneas (with a neurological perspective), Neurodegenerative Disorders, Miscellaneous Neurologic Disorders and Pharmacology. Most of the chapters follow a similar, clinically-

oriented format with an introduction to the topic, epidemiology, clinical features, investigations, diagnosis and treatment. Although the focus is clinical, the chapters are well-referenced to inform the reader who would like further knowledge of the neuroscience advancements in neurosomnology.

This textbook will be of interest to clinicians interested in neurosomnology, both for trainees and for practicing neurologists. It will also be of interest to non-neurologists who would like to have a comprehensive understanding of the neurological aspects of sleep medicine.

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COMPREHENSIVE REVIEW OF HEADACHE MEDICINE. 2008. Edited by Morris Levin. Published by Oxford University Press. 322 pages. Price C\$45.

In the preface, the editor points out that no concise synopsis of headache medicine was available and this book was meant to fill that gap. It is intended to be a readable comprehensive text which can serve as an introduction to the field. It does to a large degree meet these objectives, in as much as this is possible. It is generally readable despite being a multi-authored book. Many chapters are far too short to be comprehensive, although others are more complete. In short, it is a good introductory text, and is comprehensive in that it does address most aspects of headache medicine. It is not comprehensive in the sense that many of its chapters are more introductory than comprehensive. For example, the chapter on non-pharmacologic headache treatment is only six short pages long, and can do little more than introduce the topic.

The first 55 pages of this 322 page book are given over to a discussion of the basic science aspects and epidemiology of headache. The heavy emphasis on these topics likely reflects that this book is also intended to be a primer for headache specialists about to take the American examinations for certification in headache medicine. Review questions at the end of each chapter are meant to facilitate this purpose. The remainder of the book is organized to mirror the clinical decision making process. Hence, a number of chapters deal with headache diagnosis, and these are followed by chapters on headache treatment. For the most part, this pattern of organization works reasonably well, although it is not followed consistently. For example, only the primary headache disorders are dealt with in this way. For many of the secondary headaches, diagnosis and treatment are dealt with in the same section.

Each chapter is intended to be useful and able to stand on its own. Although this can be a virtue in a book, it does lead to significant and at times unnecessary duplication, perhaps as a result of this being a multi-author text. For example, the diagnostic criteria for chronic migraine are given in a table and discussed in Chapter 4 where the diagnosis and classification of migraine are considered, and then this material is largely repeated in Chapter 5 where the diagnosis and

classification of chronic daily headache syndromes is discussed.

The same is true for primary stabbing headache (Chapters 5 and 6). Medication overuse headache is dealt with to some extent in a number of chapters. It would have been useful, for example, if the very brief discussion of medication overuse headache in Chapter 9 would have at least referred the reader to the much more extensive discussion of this topic in other chapters.

As might be expected in a multi-author text, there are inconsistencies between chapters. These will hopefully be resolved by the editor in future editions. For example, the chapter on treatment of cluster headache states categorically that "surgical options are available but without evidence", and seems to dismiss most of them with the exception of hypothalamic stimulation. Chapter 18, however, on "Procedures for Headache" reviews a variety of older surgical procedures for cluster headache at length, and seems to suggest that a number of these are efficacious. Some of the language in the book needs to be made more specific. For example, in Chapter 11, referring to the treatment of episodic tension-type headache, the statement: "Doctors also prescribe the butalbital-containing medications . . . and occasionally opiates" is likely not helpful, and may promote less than optimal practice unless these statements are more carefully qualified.

In short, this is an interesting book which in a reasonably brief format does provide a good introduction to headache medicine. One of its strengths is that it carefully follows the most recent headache classification of the International Headache Society. Although the term "comprehensive" may be somewhat of a misnomer, it does contain a wealth of factual information which should indeed greatly assist anyone about to sit the certifying examinations in headache medicine. A number of chapters provide profound clinical guidance, others much less so. More extensive editing in future editions has the potential to make this book even more useful.

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MODERN MANAGEMENT OF ACOUSTIC NEUROMA PROGRESS IN NEUROLOGICAL SURGERY. VOLUME 21. 2008. Edited by Jean Regis, Pierre-Hugues Roche. Published by Karger. 262 pages. Price C\$230.

This book is edited by the Marseille group of ENT and Neurosurgeons from France based on their experience of more than 3500 vestibular schwannomas (VS). It contains 33 short condensed articles with excellent references. The Foreword and Conclusion of the book by the Pittsburg group summarize nicely the present treatment and outline the future of management of VS.

The first two chapters deal with the history of VS surgery, and are followed by an excellent review of the genesis and biology of VS. The principles and techniques of radiosurgery are outlined in detail together with microanatomy of the cerebellar cisterns. The principles and operative techniques of radiosurgery and other modalities of microsurgical approach are described. The major part of the book deals with the many issues of management as several