disease and the related neuroscience, or who have an interest in that area, will find this text a valuable resource.

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MATERNAL-FETAL TOXICOLOGY: A CLINICIANS' GUIDE. Edited by Gideon Koren. New York. Marcel Dekker, Inc., 1990. 456 pp. $125.00.

Maternal-Fetal Toxicology answers many questions about the potential reproductive effects of exposure to possible teratogens. It presents current estimates of the risks of exposure to drugs, chemicals, viruses, and radiation. The book also describes teratogen information programs and details the process of counseling at one such program. In addition, readers are told how to obtain further information.

The volume is organized into four parts plus an index. Part I, "Drugs in Pregnancy," discusses changes in pharmacokinetics which occur in pregnant women and the safest drug options during pregnancy. It also includes a chapter on drugs and breastfeeding. The next section, "Poisoning and Radiation in Pregnancy," includes information on occupational exposure to chemicals and discusses syndromes of neonatal drug withdrawal. The third part, "Genetic and Obstetric Considerations," comments on maternal disorders leading to increased reproductive risks. Information about sonographic visualization of fetal malformations also appears in this section. Part IV, "Organizations and Operation of Teratogen Information Services," gives addresses and phone numbers of such services and discusses the counseling, epidemiological research opportunities, and legal protection they may provide. Also, a selection of useful and/or popular information resources are critiqued. Finally, a timely chapter on teratogenicity and litigation is included.

Many pregnant women have questions about the teratogenic risks of various environmental factors to which they are exposed during pregnancy. This book is a useful guide which will enable health professionals to respond to these concerns. Clearly written, filled with convenient charts and a thorough index, this guide is recommended for obstetricians, family and general practitioners, nurses, midwives, geneticists, and anyone else involved in issues of prenatal development.

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ALZHEIMER'S DISEASE, TREATMENT AND LONG-TERM MANAGEMENT. Edited by Jeffrey L. Cummings and Bruce L. Miller. New York, Marcel Dekker, Inc., 1990. 390 pp. $125.00.

It is estimated that over two million individuals in the United States suffer from dementia of the Alzheimer type (DAT). Although effective treatment has eluded researchers, thousands of studies have tested various drugs and modes of administration. In addition, research has focused on treating problematic behaviors, such as wandering, incontinence, and agitation, and has examined the effect of DAT on
families and communities, seeking ways to alleviate burdens and mobilize resources. It would seem difficult to present all of these topics in one volume, but editors Cummings and Miller have done a masterful job. In a concise, well-written and well-organized volume, the editors present the most up-to-date information on treatment modalities for DAT patients.

*Alzheimer's Disease* is divided into five sections. Section one is an introduction to the diagnosis of DAT. The author points out the difficulty in using exclusionary diagnostic approaches and suggests that, short of a brain biopsy, the use of specified clinical criteria and rating scales can provide the most accurate diagnosis. Section two reviews disease-specific therapies, such as trials with cholinomimetic agents, ergoloid mesylates (such as Hydergine), and numerous unsuccessful agents such as hyperbaric oxygen. Research on novel methods of administration, such as direct central nervous system infusion, is also presented. Section three focuses on pharmacologic treatment of behavioral symptoms. The use of neuroleptics, beta-blockers, anti-depressants, and stimulants is discussed. Section four is novel in its presentation of aspects of long-term care for the DAT patient. One outstanding chapter reviews strategies for assessing and treating wandering behavior, a phenomenon which is extremely troubling for caregivers and sometimes hazardous for DAT patients. Two chapters focus on therapy for family members, specifically caregivers, and describe relevant community resources. Given the scope of the first four sections, one is naturally curious about future directions of treatment, which are addressed in section five. An opening chapter suggests the fronts along which research will have to move and is followed by additional chapters on enhancing previous cholinergic studies, on genetic engineering, the use of neuropeptides, and surgical approaches.

It is clear that nearly every aspect of treatment for DAT patients is addressed in this volume, and yet at no point do any chapters become either too superficial or too detailed. Perhaps the only suggested addition to the work would be a chapter on the design and function of dementia units in nursing facilities. Aspects of institutional care are addressed in many other chapters, but not from the unique perspective of nursing. That omission notwithstanding, individual authors are consistent in presenting the most significant and up-to-date studies, along with extensive references. Chapters are short and to the point, providing relevant tables and figures to summarize previous research or present treatment strategies. The editors have done an outstanding job of integrating a wide array of topics by such a distinguished and diverse group of researchers and clinicians into a cohesive and exceptionally practical volume.

Most unusual about *Alzheimer's Disease* is its attention to aspects of caring for a DAT patient which are usually unfamiliar to clinicians. Family members of DAT patients often serve as the front line in their care, but the day-to-day experience of these caregivers is often overlooked. By including chapters on these concerns, the volume is invaluable not only to clinicians (especially geriatricians), but to caregivers wanting to be informed about a loved one's condition. In fact, anyone who has significant contact with DAT patients or their caregivers—nurses, social workers, medical students, therapists—will find this volume extremely readable and useful.

The sheer number of DAT patients, coupled with the absence of effective treatment for the disease state, demands a well-informed health care community to deal with so many issues of care. Cummings and Miller have edited perhaps the most comprehen-
sive and well-written volume on treatment, for both acute and long-term care. Anyone with an interest in this subject will benefit from their efforts.

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Nutrition and Cancer Prevention. Investigating the Role of Micronutrients. Edited by Thomas E. Moon and Marc S. Micozzi. New York, Marcel Dekker, Inc., 1989. 588 pp. $149.75.

Cancer and nutrition occupy opposite poles in modern medicine. Cancer is "hard" medicine, treated by the most drastic and dramatic means available to physicians, while nutrition, long ago abandoned by allopathic physicians in search of microbes and magic bullets, seems too "soft" to be included in the curricula of a good many American medical schools. Yet despite the apparent distance between "nutrition" and the "cancer" of modern medicine, researchers have been exploring with continued interest the role that nutrition might play in the genesis, and therefore in the prevention, of cancer. A detailed overview of the current state of this research can be found in Nutrition and Cancer Prevention, edited by Thomas E. Moon and Marc S. Micozzi. The editors explain that, as cancer rates have been observed to vary significantly with different patterns of dietary intake, it is reasonable to hypothesize that individual food constituents such as vitamins and minerals—"micronutrients"—might function as preventive agents for cancer; hence the subtitle Investigating the Role of Micronutrients.

The book comprises 23 review papers by 36 authors, of whom nearly all are faculty at major centers of academic medicine. The volume is divided into four parts. In Part One, "Rationale for Nutritional Prevention of Cancer," the authors build from the fundamental concept of cancer as a preventable disease that is largely determined by environmental factors, among which diet and nutrition weigh heavily. The authors review models of carcinogenesis and propose mechanisms by which specific dietary components might act as preventive agents. Other papers summarize the evidence from human epidemiologic and intervention studies as well as from experimental animal studies for the effects on cancer rates of such micronutrients as vitamins A, C, D, E, the B vitamins, and selenium. Similar information also is provided for the effects of broad dietary categories, i.e., fats, proteins, and carbohydrates, as well as of such macronutrients as soluble and insoluble fiber. Part One concludes with the sober assessment that, although there are many promising leads, there is no micronutrient with the proven ability to prevent cancer.

Part Two, "Methodologic Issues for Nutritional Assessment," is devoted in large part to describing some of the materials and methods used in the isolation, purification, and biochemical analysis of various micronutrients. The authors provide technical evaluations of the procedures, particularly those chromatographic, employed in the analyses not only of micronutrients in food extracts, but also of the levels the nutrients attain in human tissues. The methodologic descriptions of Part Two also extend to the level of clinical history-taking as a means of assessing gross dietary patterns.

In Part Three, "Evidence on Micronutrients and Cancer Prevention," the association between cancer rates and the levels of consumption of selected nutrients are