

# AMWA MEDICAL BOOK AWARDS COMPETITION — 2000 FOR BOOKS PUBLISHED IN 1999

## FIRST PLACE WINNERS

CATEGORY	TITLE	AUTHORS/EDITORS	PUBLISHER
Physicians	<i>Plastic and Reconstructive Breast Surgery (2 volumes, 2nd edition)</i>	John Bostwick III, M.D.	Quality Medical Publishing, Inc.
Allied Health	<i>Confessions of a Medicine Man: An Essay in Popular Philosophy</i>	Alfred I. Tauber, M.D.	The MIT Press
Trade	<i>American College of Physicians Complete Home Medical Guide</i>	David R. Goldmann, M.D.	DK Publishing, Inc.

## HONORABLE MENTIONS

CATEGORY	TITLE	AUTHORS/EDITORS	PUBLISHER
Physicians	<i>Atlas of Orbital Tumors</i>	Jerry A. Shields, M.D. Carol L. Shields, M.D.	Lippincott Williams & Wilkins
	<i>Multivariable Analysis: A Practical Guide for Clinicians</i>	Mitchell H. Katz, M.D.	Cambridge University Press
Trade	<i>Your Premature Baby and Child: Helpful Answers and Advice for Parents</i>	Amy E. Tracy Dianne L. Maroney, R.N.	Berkley Books
	<i>What You Need to Know About Alzheimer's</i>	John Medina, Ph.D.	CME, Inc. and New Harbinger Publications, Inc.

# AMWA MEDICAL BOOK AWARDS COMPETITION—2000

## WINNER, PHYSICIANS CATEGORY

### *Plastic and Reconstructive Breast Surgery, 2nd Edition.*

JOHN BOSTWICK III, M.D. ST. LOUIS, MO.: QUALITY MEDICAL PUBLISHING, INC. 1999, 1400 PP. \$420 (HARDCOVER).

Given the graying of America, this book is indeed timely. The bolus of the population, the “boomers,” are going through the times of greatest risk right now and for the next 20 years. Dr. Bostwick has performed a great service not only for these women but also for their daughters and their granddaughters. This text is not just well thought out but is crafted section by section to reveal the place at which the highest standards of esthetics and science meet.

In the first volume, which covers breast augmentation and reduction procedures, Dr. Bostwick has provided the reader with a fascinating reference not only to the technical and esthetic factors of such surgery but also its art. The overall impression is that this is a compassionate surgeon who knows the inner doubts and fears of women about their femininity and their breasts. An outstanding feature of both volumes is the use of algorithms that are comprehensive yet make for perfect clinical clarity. In a very real sense, there is the touch of a master at work. The author presents a thorough clinical discussion that included an

interesting recurring feature called “Concerns of Patient and Surgeon.”

The second volume, entitled “Reconstructive Breast Surgery,” is a definitive reference work that will be used not only by the current generation of surgeons but also by the generation to follow, who will one day pick up the scalpel and remember the lessons learned from this book. This text should be on the shelf of every plastic, reconstructive, and oncological surgeon who has to perform any procedure on a breast.

The artwork and illustrations are superior and relevant. There is more than enough index material to enable the reader to quickly find any point of information. The book is relevant to help decide the clinical and esthetic questions that are being asked by a generation of women who are empowered, knowledgeable and at risk. This book is obviously a labor of love and has married clinical concerns and aesthetic issues in a knowledgeable and compassionate manner.

—TOD FORMAN, M.D.



## WINNER, ALLIED HEALTH CATEGORY

### *Confessions of a Medicine Man: An Essay in Popular Philosophy.*

ALFRED I. TAUBER. CAMBRIDGE, MASS.: THE MIT PRESS, 1999, 159 PP. \$25 (CLOTH).

Twenty percent of the books in the Allied Health category this year were on the subject of bioethics, a discipline under challenge from many fronts. This percentage, in itself, was noteworthy, and the quality and scope of the various bioethics books were impressive. *Confessions of a Medicine Man*, however, was a standout among the bioethics texts, and in the category as a whole.

Tauber, a professor of both Philosophy and Medicine at Boston University, weaves a personal narrative of his experiences as medical student, doctor, and patient into an essay on the philosophical underpinnings and limitations of bioethics as currently practiced. His narratives are truly confessional: honest, disturbing, human. Every time his treatise on philosophy starts to become too academic, he inserts an anecdote to bring the reader back to the “real world” and to ground the theory in details of his own practice.

In the first four chapters, Tauber lays the groundwork for his argument by presenting a short course in Western

philosophy, from the ancients through the postmodernists. Although some background in philosophy or critical theory would be helpful to the reader, Tauber's essay, supplemented by his excellent annotated bibliography, can be negotiated by the educated layperson. His account of how the principle of autonomy became entrenched as the basis for medical ethics is important reading for all of us, as writers and practitioners in the healthcare field, as patients, and as advocates for loved ones.

Tauber, like many other critics of "principalism" in bioethics, believes that autonomy is not an adequate basis for medical ethics. Autonomy is a legal concept, Tauber argues, and bioethics has in fact become a legal rather than a moral discipline, an appendage of medicine populated with elitists (Plato's Philosopher Kings!). In Chapter 5, Tauber presents his thesis, that ethics should not be separated from medicine, but should precede it. "My solution, to the extent that I am brazen enough to formulate one, is that medicine must not 'attach' ethics to its practice or science, but must recognize that ethics dominates all its endeavors. Medicine is fundamentally ethical and should be recognized as such." He views the doctor-patient relationship as the basic moral unit of medicine and calls for a return to an ethic of care. In focusing on this relationship, however, Tauber limits the scope of his theory and does not address how it might be applied at the systemic level. To effect change at the level of the doctor-patient encounter would be extremely difficult under our present system of closely managed 7-minute visits. (Another of the excellent books we reviewed, *Health Care and the Ethics of Encounter: A Jewish Discussion of Social Justice*, by Laurie Zoloth, published by University of North Carolina Press, makes a similar argument for a relational rather than an autonomy-based ethic and discusses the broader policy implications. I enjoyed reading the two books in tandem.)

Another weakness of Tauber's work is that he characterizes the generic patient as less than a whole person, as a sufferer who cannot participate in his or her own medical decision-making: "The issue of restoring the patient's full sense of personhood might be construed as uncomfortably passive in this scheme. But the physician as healer ethically commits herself to reestablishing the sufferer's complete identity. The relationship may not be symmetrical as the sufferer suffers, but the goal of healing is in fact to affirm an equal exchange between full selves. The healer's success is in the patient [sic] again becoming his true self." (116) Although the acutely ill person may desire a quick return to "full selfhood," many patients with disability or chronic illness would chafe at the suggestion that they are less than fully themselves because

they happen to have a medical condition. Some would even argue that they have become more fully themselves by meeting the challenges of living with a chronic condition. In his early chapters, Tauber discusses in some depth the postmodern challenges to the concept of the Self, and he would do well to make room for a patient whose self-concept can evolve, rather than casting the patient as a fixed, unchanging, metaphysical Self.

*Confessions of a Medicine Man* should become part of the medical humanities curriculum. Although Tauber is paternalistic (even though he claims he is not), his perspective as a humane physician who strives to provide the best clinical care in a system that rewards research achievements and cost efficiency will resonate with doctors in training. His book raises important questions about the place and practice of bioethics and the roles of healers and patients in contemporary medicine.

—MARY SPECKER STONE



## **WINNER, TRADE CATEGORY**

### ***American College of Physicians Complete Home Medical Guide.***

DAVID R. GOLDMANN, M.D., F.A.C.P., EDITOR-IN-CHIEF, DAVID A. HOROWITZ, M.D., ASSOCIATE EDITOR. DK PUBLISHING, INC., 1999, 1104 PP. \$40 (HARDCOVER).

With glassy eyes and a heavy sigh of disbelief that yet another reference book had come across my desk, I was resigned to do my duty and review the *American College of Physicians Complete Home Medical Guide*. Just the title sent chills down my spine. References are available on the Internet; through the local bookstore, medical facilities, and pharmaceutical companies; and as handouts at the physician's office. The public is bombarded with these publications at a rate unparalleled in history. I believed that this tome was no exception, that its review would entail a quick scan of the text and its subsequent dismissal as yet another attempt to flood the market. To my surprise, this work was the exception to the rule and gives a high value for the price.

The cover is attractively designed and states that the guide will give complete information, medical online sites, and a complimentary CD-ROM. Gingerly, I opened the book and was pleased to see a nicely planned table of contents listed first in broad headings and then in titles and subtitles. The book is thoroughly cross-referenced and indexed. It was immediately apparent that time, thought, and care were taken in the organization of this book. The second section gives a nice explanation of how

to best approach the book and also displays very good graphics that do indeed make it easier to use. Each broad category begins with a small paragraph giving the reader an overview. At this point, the reader is told about the tools supplied for the search needed. A nice introduction is given in each category, which is easily understood with an excellent use of graphics. The charts in every section are well prepared, readable and understandable by professionals or nonprofessionals. The reader is not overwhelmed by information but is given enough to present the topic. The edges of the pages are color-coded for easier accessibility. For example, the First Aid section is, of course, lined in red and is very quickly accessed. There is a very nice section of charts by category: General Charts, Men's Charts, Women's Charts, and Children's Charts. All are excellent and full of information.

The CD-ROM is not unlike other anatomy CD-ROMs (BodyWorks) but makes learning enjoyable and fun as the reader moves from section to section. However, the CD-ROM is very impressive and my guess is that a medical student, or perhaps even a bright high school student or middle school student, would certainly appreciate it, as would those of us presently working in the medical field.

This is a book to which the reader will return again and again.

—BARBARA SMITH



### **HONORABLE MENTION, PHYSICIANS CATEGORY**

#### *Atlas of Orbital Tumors.*

JERRY A. SHIELDS, M.D., AND CAROL L. SHIELDS, M.D. BALTIMORE, MD.: LIPPINCOTT WILLIAMS & WILKINS PUBLISHERS, 1999. 256 PP. \$125 (HARDCOVER).

This entire work is remarkably well laid out with an attention to diagnostic detail. The illustrations and artwork are first rate without being overpowering. The goal of the book is to provide diagnostic aid to ophthalmologists, internists, and family practice physicians who must make a primary diagnosis related to a very specialized tissue area.

The text accompanying the illustrations is spare, but helpful. Many clinical pearls are found in these pages. This atlas is up to date and is not only relevant now but will continue to be useful to interns and residents for many years.

In any discussion of atlas format books, there is always the question of whether the text can do more than merely

“sustain” the pictures. This work is not merely a collection of first-rate slides and illustrations; it resonates with a very real sense that many years of clinical observation and experience are represented.

—TOD FORMAN, M.D.



### **HONORABLE MENTION, PHYSICIANS CATEGORY**

#### *Multivariable Analysis: A Practical Guide for Clinicians.*

MITCHELL H. KATZ. NEW YORK: CAMBRIDGE UNIVERSITY PRESS, 1999. 192 PP. \$29.95 (PAPERBACK).

Whoever first called economics the “dreary science” never got into a statistics class. This book is a godsend to the statistically challenged student, resident, and clinician. If you have ever finished reading a research paper with your eyes glazing over at the end where the statistical tables are presented, this book may be helpful. Dr. Katz has been able to provide us with a first-rate explanation not just of how to read the research but also of the strengths and weaknesses of several methods of analysis.

The intended audience of this book is medical students, residents, and clinicians. For many of us, it has been a long time since we learned this material. There are refreshingly simple tips on almost every page that help make short work of using the statistical data to determine whether a paper is relevant or whether its conclusions are based on strong or weak evidence. This text is short, to the point, and most of all, helpful in making our own decisions about research papers.

—TOD FORMAN, M.D.



### **HONORABLE MENTION, TRADE CATEGORY**

#### *What You Need to Know About Alzheimer's.*

JOHN MEDINA, PH.D. OAKLAND, CALIF.: NEW HARBINGER PUBLICATIONS, 1999. 160 PP. \$15.95 (PAPERBACK).

It is rare to find an author who not only writes clear and concise information, but also creates his own understandable illustrations to accompany the material. Molecular biologist John Medina displays remarkable talent with his colorful approach to explaining a growing problem in today's society. Although a great deal of information has recently become available regarding Alzheimer's, this book addresses the chemical and neurological aspects of this brain-destroying disease in a way that lay readers can grasp and use during practical,

everyday activities. Medina's *What You Need to Know About Alzheimer's* fulfills the needs of those who wish to know more about the biological and the practical aspects of caring for a loved one on a daily basis.

At 160 pages, this book is easily transportable and is accessible on the home bookshelf. Four excellent important visuals include in-depth definition and historical background about the disease. The four categories are then divided into seven chapters with colors to identify and integrate each topic; the sidebar background color often coincides with the topic color. Graphic clarity complements the text. The reader will find answers to questions through the index and through visual cues. References and resources abound and contain up-to-date information.

Medina uses a fictional daughter based on a composite of several real-life caregivers. The daughter writes in her diary about the ever-increasing demands placed on her by her father's progressive disease. Personalizing the data lends a "narrative" tone, giving it the flow of a story. After describing the physiological breakdown in the brain, Medina writes about the 10 warning signs and continues by discussing the disease's symptoms. Circumstances surrounding issues not only relate to the loved one but also approach family dynamics with practical solutions. Also of interest are the appendices, full of valuable thoughts such as explanations about ongoing research. Particularly valuable is Appendix F, "Where to Turn for Help."

With his background as a scientist and graphic artist, Dr. Medina has shared his expertise to close "a gap . . . between scientists and the rest of society." Biological degeneration is an important aspect of this deadly disease. Those who must live with the effects of Alzheimer's ultimately ask, "Why?" *What You Need to Know About Alzheimer's* provides some answers to this question and more. More importantly, the research explained here gives hope.

—JUDY S. BUNCH



## HONORABLE MENTION, TRADE BOOKS CATEGORY

### *Your Premature Baby and Child: Helpful Answers and Advice for Parents.*

AMY E. TRACY AND DIANNE I. MARONEY, R.N. NEW YORK:  
BERKLEY BOOKS, 1999. 334 pp. \$14.95 (PAPERBACK).

*Your Premature Baby and Child* is a friendly resource for the families of the 400,000 premature babies born in the

United States each year. It is intended to reach the wider community of neonatal professionals, pediatricians, therapists, educators, and policy-makers. The reader-friendly design includes spacious margins to accommodate readers' notes. Readers are quickly drawn in as observers and participants. *Your Premature Baby and Child* offers a literary life raft to devastated family members. The immediate goal is to give parents the tools to enable them to work with health care providers and to act as their baby's advocates. Over the long term, the book guides the family through the preemie's elementary school years.

The authors write from the perspective of mothers of premature infants, but their professional careers as journalist (Tracy) and neonatal nurse (Maroney) enhance their message. Writing in consultation with two neonatal physicians, Tracy and Maroney offer impeccable medical resources along with unforgettable human experience. The authors use narrative to tell their story in a way that transcends what a mere textbook could do. For example, the mother of a baby born at 27 weeks comments: "My son and I didn't have an instant bond at birth. I was too consumed with grief and fear. I wasn't sure if I would ever bond with him. During the first months at home, my feelings slowly started changing. I started learning about him, and he started showing me his wonderful personality. It's almost like I had to develop a relationship with him." The reader is left to marvel at the bond of trust that would enable a new parent to confide such insights, and at the authors' skill in employing heartfelt comments like these throughout the book to convey honest information and reassurance.

*Your Premature Baby and Child* offers comfort without sugarcoating. Care of a preemie involves a tremendous amount of work: the book includes checklists and step-by-step instructions to guide parents through the intricacies of stocking a nursery and handling portable oxygen tanks and cardiorespiratory monitors. Parents of a premature baby might need to contact as many as 19 different offices and specialists, and the book offers suggestions for organizing the information and storing multiple lists of phone numbers. Detailed line drawings accompany each chapter to explain equipment, anatomy, and even the facial expressions and other cues premature babies use to signal that they are overstimulated. Tracy and Maroney offer guidance on preparing older children for a premature sibling and on handling emotional and financial concerns.

One helpful chart shows what to expect of follow-up doctor visits for a preemie aged 3 days to 10 years, including developmental milestones and appropriate lab tests. To help parents make the best selection of the many

