

## Book and Media Reviews

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Publishers who wish to submit books for possible inclusion in *Family Medicine's* book reviews section should send texts to Cathleen Morrow, MD, *Family Medicine* book reviews editor, Dartmouth-Hitchcock Medical Center, Department of Community and Family Medicine, HB 7015, 1 Medical Center Drive, Lebanon, NH 03756. cathleen.morrow@dartmouth.edu. Reviewers interested in writing reviews for publication should contact Dr Morrow as well.

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**Psychiatry Essentials for Primary Care**, Robert K. Schneider, James L. Levenson, Philadelphia, American College of Physicians, 2008, 274 pp., \$49.95, paperback.

It's not news to most family physicians that patients with mental illness fill their waiting rooms, are difficult to diagnose, and often wait weeks to months to see the psychiatrists and counselors they need. Time constraints, financial pressures, excessive attention to organic illness, and the persistent stigma surrounding mental illness are some of the reasons why such patients receive inadequate care. Drs Schneider and Levenson set out to right the physician knowledge and awareness deficits in their well-written book, *Psychiatry Essentials for Primary Care*.

The book begins with a superb introduction in which the authors explain the purpose, goals, and organization of the book. They also tell readers what they will not find in the book (pediatric disorders, neurobiologic concepts). In fact, were it not written by the authors, their intro would serve as a great introduction to this review! The book aims to increase the psychiatric knowledge of the nonpsychiatric clinician. The five areas of discussion (organized around the

acronym MAPSO) include: Mood disorders, Anxiety disorders, Psychoses, Substance-induced disorders, and Organic disorders (and other conditions, including eating and attention deficit disorders). In each category, the authors review essential concepts, diagnosis, treatment, and key points to remember about individual conditions such as depression, bipolar disorder, or borderline personality. Clear tables and boxes that list differentials, risk factors, and medications supplement the organized text.

There are drawbacks to the book. Although it appears to be evidence based, the authors do not specify any levels of evidence for the treatment recommendations made. Sometimes they do not cite appropriate references ("When antidepressants are prescribed, most are only taken for 90 days or less," p. 42). Occasionally they just get it wrong, eg, treating depression is not like treating hypertension: serial monotherapies are not used in hypertension, as the authors suggest (p.50). Finally, the authors should have placed more emphasis on referring difficult-to-manage patients, eg, bipolar and psychotic patients.

Despite these reservations, I highly recommend this comprehensive, easy-to-read book. I believe

most family physicians (medical students and residents included) will find it useful.

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**Genes and Common Disease: Genetics in Modern Medicine**, Alan Wright, Nicholas Hastie, eds, Cambridge University Press, 2007, 544 pp., \$84, paperback.

Many speculate that the last 3 years will be remembered as one of the most productive periods in the history of biology and medicine. Genome-wide association studies became the currency of the field of genetics starting in 2005 and have facilitated the identification of a vast number of new genes associated with common complex conditions (including disorders in which genes and environment strongly interact, such as diabetes and heart disease). In 2007, a flood of information came out on a large number of conditions that will have long-lasting reverberations in primary care. Therefore, I really wanted to recommend *Genes and Common Disease* to STFM members.

Much to my dismay, though, I can't. Not because the authorship isn't stellar (it is). Not because it is poorly written (it isn't). Not because