PostScript

BOOK REVIEWS

Clinical and biochemical disorders of the skeleton

By Roger Smith, Paul Wordsworth. Published by Oxford University Press, 2005, £125.00, 471 pp, hardcover. ISBN 0192617400

For a book that looks relatively modest in size, this one is remarkably comprehensive. Perhaps the clear, concise, and fairly uncomplicated writing style has helped to achieve this outcome. The contents are as expected: background on bone biology and the investigation of bone and mineral disorders; a substantial discourse on osteoporosis; osteomalacia and rickets; parathyroid disorders; Paget's disease; neoplastic disease and the skeleton; and osteogenesis imperfecta, followed by a scholarly presentation covering the wide range of uncommon-to-rare conditions afflicting the skeleton. The final chapter is entitled "Recent advances" and reviews a number of the exciting advances in bone research in the year or so prior to the book's publication: it is typical of the authors' endeavours to provide up to date information from the basic science and clinical research underpinning clinical practice in disorders of the skeleton. This quality reflects one of the book's strongest features: on the one hand it is steeped in clinical acumen which most, if not all, readers can learn from, and on the other it is ever mindful of the scientific basis of our understanding of bone disorders and how to diagnose and treat them. Another important quality of this text, which I found quite infectious, is the evident interest and fascination that the authors have for this field of science and medicine. This quality added appreciably to the book's readability. As an example, some rare disorders are discussed at length. This generally is because of the lessons that have been learnt from studying them and how they have helped to solve some of the riddles of bone biology and bone disease.

A particularly useful attribute of the book is its extensive bibliography. The authors also have identified relevant reviews and other texts for readers wanting to delve more deeply into specific topics. However, a slightly irritating deficiency is the index, which failed to point me to a number of subjects of interest at least to me. In a number of instances the material was there, but it took some searching to find it. A more comprehensive index would help to maximise the book's utility.

The chapter on the physiology and pathology of bone was packed with information and easily digested. Most aspects were covered amply for introductory purposes. However, readers interested in mechanical loading and the skeleton probably will want more. Likewise, the discussion of bone turnover markers seemed a little brief given the high level of interest in these measures and their widespread use in bone and mineral research. In the authors' defence, perhaps the relatively modest attention given to bone turnover

markers is in keeping with the impact that these markers have made on clinical practice to date.

The osteoporosis chapter conveys a great deal of information very effectively. Many practitioners will be brought up to date sufficiently to meet their needs in this area by taking in the contents of this chapter. I would like to have seen some discussion of the concept of absolute fracture risk. The choice of treatments for osteoporosis and whether to use specific drug therapy or not are considered thoughtfully. The discussion of HRT captures the ambiguity that many clinicians feel concerning the use of this therapy in osteoporosis.

In summary, students of bone disease, whether they are at the start of their careers or at an advanced stage, should take a careful look at this publication. It is good reading and contains many useful clinical and scientific insights. The relatively economical index makes for a bit more work than expected for a reference book, but if readers make the effort to delve into the text they are very likely to be rewarded.

Rating

- Presentation 17/20
- Comprehensiveness 16/20
- Readability 19/20
- Relevance 18/20
- Evidence basis 18/20
- Total 88/100

J D Wark

Women in sport

Edited by Barbara L Drinkwater. Published by Blackwell Publishing, Melbourne, Australia, 2000, pp 661. £90.00 (hardcover). ISBN 06320845

As part of the *The encyclopaedia of sport* series from the International Olympic Committee (IOC) and International Federation of Sports Medicine, this volume was published six years ago. It is perhaps this that makes reviewing such a large tome (650 pages) from a rapidly changing subject difficult; one expects the title "encyclopaedia" to give timeless statements of fact that perhaps as yet are not attainable.

As a case in point, the chapter on gender verification (written very much from the viewpoint of the author) clearly went to press just as the IOC ceased gender testing at the 2000 Games and is now largely historical. What the author cannot have hoped to predict was the inclusion of transsexuals by the very next Games in Athens; it will be interesting when history records the first transsexual Olympic medal.

Rather than being arranged in an alphabetical order of topics as we understand for

the classic encyclopaedia, this book is set out in three sections, the last section being a précis of sports medicine aspects of several different Olympic sports. This arrangement results in a some repetition and confusion of topics. For example, bone metabolism is included in both the section on bone and exercise and the osteoporosis section within the disputed concept of the female athlete triad. The latter has four chapters, which includes eating disorders (this is not part of the triad but is more accurately what most of the section relates to). Negative energy balance in sport and its ramifications for injury incidence, bone health, and reproductive function would have been much better dealt with as an overview; and this section should also reference the comparable status of male jockeys and endurance athletes.

The product of many authors, the tone, and presentation of the different chapters is a little too diverse to feel "authoritative". Some chapters, such as that on exercise physiology, read well but are more similar to a literature review than an encyclopaedic chapter. The introductory chapters on the history of women in sport and later sections on sociology are excellent. I, for one, had not been aware that some enterprising French women had organised a parallel "women's only Olympics" in the 1930s and 40s. The struggle for equality in sport for women has been ongoing, and the part that "pseudoscience" and medical conservatism have played in aiding and abetting the motives of those who would deny women the chance to compete and partake is well described. So it is disappointing that examples still exist in this book itself.

In one of the chapters on musculoskeletal injuries, the incredible quote from a paper more than a quarter of a century ago states that "men accomplish tasks with fewer injuries and diseases and less apparent stress (than women)". This is in the face of two decades of evidence against this kind of sweeping generality and is refuted by many of the examples given later in the same and many other chapters of the book. "Facts" such as "women have shorter legs than men" (for a given height) are given unreferenced and unsubstantiated in the chapter on biomechanics. There is then a description of several anatomical variants such as genu varum and valgus "that seem to be more apparent in females" and "can lead to major differences in performance outcomes" and "injury potentials" "between males and females". Similarly the repeated statement that athletes have a higher incidence of eating disorders than non-athletes is proffered without reference to the varying medical opinion in the literature over the decades. Evidence based medicine needs to rear its ugly head and demand the truth before another generation of young women athletes are subjected to this kind of institutionalised negativity.

Having been guilty myself of writing shorter pieces for various books which "required" a chapter on women in sport, I was left with the feeling that this enormous book is now, thankfully, largely unnecessary. Chapters on diabetes and cardiovascular changes with training, as well as injuries in

sport, do not require anything more than passing reference to gender variations. Specific issues such as pregnancy and menstrual change in sport should be included in the endocrine effects of exercise, which will also include aspects specific to men.

Happily the conclusion of many sections of the book is that there are only minimal differences between the genders in most of the parameters affecting sporting participation. This should be celebrated by making "women in sport" an expected and integrated part of every mainstream sports medicine publication.

Rating

● Presentation	15/20
● Comprehensiveness	14/20
● Readability	14/20
● Relevance	14/20
● Evidence basis	12/20
● Total	69/100

R Carbon

Strength training for sport

Edited by W Kraemer, K Hakkinen. Published by Blackwell Publishing, London, 2001, £24.95 (soft cover), pp 186. ISBN 0632055685

This is a book targeted at coaches, exercise physiologists, doctors and physiotherapists. It is another in the IOC series and has been well edited and put together.

The initial chapter gives a good history and overview of strength training in sport, from its origin as a stand-alone sport to its use as an adjunct to training for many sports. This chapter also deals with the terminology of strength training in an easily understood manner.

The later chapters give details about the practical and theoretical aspects of the different types of strength training. There follow in-depth chapters covering examples of strength training for several different sports.

This is a compact reference book which would make a good addition to any professional library. I would certainly purchase it and use it as a basic reference book.

Rating

● Presentation	14/20
● Comprehensiveness	15/20
● Readability	15/20
● Relevance	17/20
● Evidence basis	13/20
● Total	74/100

J Saunders

CALENDAR OF EVENTS

6th World Congress on Science & Football

17 January 2007, Sirene Golf Hotel, Belek, Antalya, Turkey

Deadline for submission of abstracts: 15 September 2006

Further details: Surhat Muniroglu, Ankara University, School of Physical Education and Sport, Ankara, Turkey; Tel: +90 312 2233163; Email: muniroglu@pharmacy.ankara.edu.tr

Progresses in Prevention and Treatment of Sports Pathologies

19 January 2007, Turin, Italy

Further details: Gian Luigi Canata. Tel: +39 011 5817566; Fax: +39 011 55805014; Email: canata@ortosport.it

Sport Med '07

26 January 2007, Toronto, Canada

The conference is aimed at sport medicine physicians, orthopaedic surgeons, physiotherapists and kinesiologists.

Abstracts submission deadline: 17 November 2006.

Further details: www.oma.org

3rd Leeds Sports Imaging Course

29–30 January 2007, Leeds, UK

This 2-day course is aimed at both radiologists and clinicians that are involved in sports imaging. The course will comprise an imaging and clinical overview of all relevant joint, bone and soft tissue sporting injuries. Additional sections will be included covering principles of postoperative imaging, image guided diagnostic and therapeutic intervention.

The faculty will comprise internationally recognised skeletal imaging and clinical experts from the UK, Europe and North America who will deliver lectures and lead sessional discussions. Each session will begin with a clinical lecture that will allow the subsequent imaging lectures to be placed in context. All aspects of imaging will be discussed with staging and prognosis of sporting injuries emphasised. Therapeutic image guided intervention using fluoroscopy, CT and ultrasound will also be demonstrated. Eleven category one CPD credits awarded.

Further details: Carol Bailey, Course coordinator, Radiology Dept, Chapel Allerton Hospital, Chapeltown Road, Leeds LS7 4SA, UK; Tel: +44 (0) 113 3924927; Fax: +44 (0) 113 3924550; Email: carol.bailey@leedsth.nhs.uk

ACSP Clinical Sports: Upper Limb

3–4 March 2007, Sydney, Australia

Further details: www.acsp.org.au

3rd International meeting on minor traumatic brain injuries in sports

12–17 March 2007, Samedan/St Moritz, Switzerland

Further details: Website: <http://www.orthopaedie-samedan.ch/mtbi.html>

III International Congress: People, Sport and Health

19–21 April 2007, Saint-Petersburg, Russia

The congress will be carried out under the auspices of the Secretary General of the

Council of Europe, under the patronage of the European Union and the International Olympic Committee at cooperation with governmental, scientific and leading social organisations.

Further details: Email: sport-health@home.ru; Website: sport-health.ru

17th Annual Meeting of the International Association for Dance Medicine & Science (IADMS)

25–29 October 2007, Canberra and Melbourne, Australia

Co-hosted by three of Australia's elite institutions—The Australian Ballet School, Australian Dance Council (Ausdance) and the Australian Sports Commission—IADMS works to improve dancers' health, well being and performance through the encouragement and promotion of dance medicine and science. Outstanding international researchers, practitioners and educators will offer insight into the latest developments in dance medicine and science. Activities of relevance to dancers, dance teachers and health professionals will include presentations and movement sessions on topics such as:

- Training efficiency
- Nutrition
- Dance wellness programmes
- Psychology
- Scientific research
- Practitioner wisdom
- Injury prevention, treatment and rehabilitation
- Surgical and non-surgical interventions

Further details: Email: janetkarin@australianballetschool.com.au.

For information about other IADMS conferences and publications contact ConferenceDirector@iadms.org or www.iadms.org.

6th Interdisciplinary World Congress on Low Back & Pelvic Pain

7–10 November 2007, Barcelona, Spain

This global congress invites practitioners, academics, researchers and policy makers from all continents and from clinical areas as wide ranging as medicine, physiotherapy, chiropractic, biomechanics, osteopathy, manual therapy, exercise therapy and exercise science, myotherapy, orthopaedic and neurosurgery and sports medicine.

Further details: Call for papers: www.worldcongresslbp.com; Information: info@worldcongresslbp.com

The sixth international conference on Sport, Leisure and Ergonomics

14–16 November 2007

Burton Manor, Burton, Wirral, Cheshire, UK

Further details: Congress Secretariat: Tel: 0151 231 4249; Email: G.Atkinson@ljam.ac.uk

2007 World Conference on Doping in Sport

15–17 November 2007, Madrid, Spain

Further details: Online registration: www.wada-ama.org