

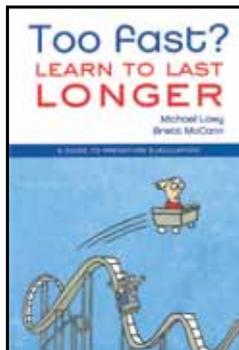
## Too fast? Learn to Last Longer

Michael Lowy  
Brett McCann

Woollahra: Longueville  
Media, 2009

ISBN 978 1920 681 463  
\$14.95

Premature ejaculation (PE) is the most common sexual dysfunction affecting men. Some 25–30% of men have this complaint and many are greatly distressed by it, with consequences for self esteem and relationships. Michael Lowy and Brett McCann have lengthy experience in men's health and the treatment of sexual dysfunction and their experience shows in their small book which is aimed squarely at men, and their partners.



The chapters outline the definition of PE, what is known about the causes, and then proceed to various physical and psychological treatments. With dapoxetine – a new, short acting selective serotonin reuptake inhibitor for men with PE – on the cusp of being marketed in Australia (it's already in New Zealand and many countries in Europe), the publication of this book is timely. Premature ejaculation has

always been the poor second cousin to erectile dysfunction, but now that more effective treatments are emerging, PE should hopefully gain the attention it deserves.

'Too fast: Learn to Last Longer' is written in mostly easy to understand language, though occasionally the language does lapse into the

medical. A glossary at the end of the book is helpful in understanding some of the terms used. Case studies are scattered throughout and have the ring of authenticity. In addition, the illustrations are generally gently humorous and help to get several of the main points across.

All in all, a very useful book for an under discussed men's health problem. Certainly useful for patients, and possibly also for some counsellors or men's health workers. At only 65 pages it is a short and quick read but could leave some readers wanting more – quite appropriate for a book on premature ejaculation!

Darren Russell  
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## Health Care & the Law, 5th edition

Janine McIlwraith  
Bill Madden

Sydney: Thomson Reuters  
(Professional) Australia  
Limited, 2010

ISBN 978 0 455 22703 0  
\$102.00

Health Care and the Law delivers exactly what its title promises. In some 700 pages, it details the law that currently impinges on medical practice and health care in Australia. The first edition appeared in 1991 and the authors of the current edition also wrote the fourth. A book of this nature is never going to be, at least for doctors, a ripping yarn, but any general practitioner with more than a passing interest in the law will find this an excellent reference.

The first part of this book (chapters on What is Law?, The Legal Structure and The Legal Process) in just 52 pages, delivers an excellent, succinct but quite detailed introduction to how the law operates in Australia. Perfect for anyone



with no previous knowledge of the law, and no particular knowledge of legal nomenclature.

Part 2, almost 300 pages, deals with key legal issues for GPs such as consent, confidentiality and the law of negligence. Part 3 deals with employment issues, workers' compensation, occupational health and safety and related issues. Part 4 details the regulatory environment surrounding healthcare and Part 5 details issues such as transplants and reproductive technology, where law and ethics intertwine.

While the law is dealt with in detail, the authors have striven for clarity. Boxed checklists, summary tables and diagrams appear throughout. Above all, though a certain amount of legal language has had to be used to avoid ambiguity, a defining characteristic is the obvious emphasis on plain English throughout. Much legal writing (like medical) is densely impenetrable, and is often heavily over-referenced. (In many articles in, for example, *The Journal of Law and Medicine*, each page contains only half a page, if that, of

text, the rest is filled with references.) However, Health Care and the Law is a book that is readily approachable by the intelligent legal novice, not just confirmed legal acolytes. Mind you, it would be a worthy addition to the bookshelf of lawyers with little personal experience in medical law.

So, in summary, a bookshelf book rather than a bedside one, but of great value as an introduction and a reference text for any GP with a special interest in medical law. As the former Chief Justice of New South Wales, Sir Lawrence Street, wrote in the foreword to the fourth edition, it is essential that all involved in health care have access to 'authoritative guidance on the textured relationship between healthcare and the law' and McIlwraith and Madden have delivered exactly that in one very readable volume.

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## Australian Anti-Infection Handbook

Frank Zhu

Published by Frank Zhu,  
2009

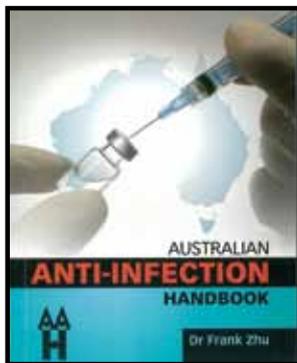
ISBN 978 0 646 52239 5  
\$39.95

The Australian Anti-Infection Handbook is a pocket sized handbook with 395 pages.

It contains a comprehensive range of 255 topics on diseases and conditions that

are related to infection in both general practice setting (such as bronchiectasis, bronchitis, *Candida* vaginitis, cystitis, herpes zoster, impetigo and travellers' diarrhoea) as well as hospital setting (such as endocarditis, hospital acquired pneumonia, meningitis, osteomyelitis and prophylaxis in surgery).

Moreover, some infectious diseases that are peculiar to Australia, such as Barmah Forest virus and Hendra virus, are also included.



The topics are arranged in alphabetical order, thus it is easy and convenient to find a topic. Besides the 255 topics, the appendices contain useful information such as National Immunisation Program Schedule in Australia, travel vaccination and antibiotic susceptibility of various micro-organisms.

Each topic usually begins with a list of pathogens that cause a

particular condition, followed by treatment of that condition.

For some important topics, such as community acquired pneumonia, the clinical features and investigations of that condition are also described. The dosage of drugs (mainly antibiotics) recommended in this handbook closely follows that of the Australian Medicines Handbook.

The limitation of The Australian Anti-

Infection Handbook is the lack of references in all the topics. Further readings about a particular topic have to be sought elsewhere. The Australian Anti-Infection Handbook is a useful handbook on drug treatment and prophylaxis of a wide range of conditions related to infection. It is convenient to carry inside the pocket of the clinician's white coat.

I would recommend The Australian Anti-Infection Handbook to both general practitioners as well as hospital physicians.

Ching Luen Ng  
Hong Kong

## The Complete nMRCGP Study Guide, 3rd edition

Sarah Gear

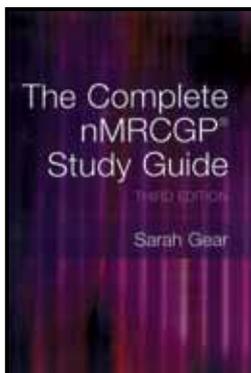
United Kingdom: Radcliffe  
Publishing Ltd, 2008

ISBN 13 978 1846 192 968  
\$72.00

The Complete nMRCGP Study Guide is written to aid those studying for the nMRCGP (the United Kingdom equivalent of the Fellowship of The Royal Australian College of General Practitioners [FRACGP]). It has good coverage of the types of cases we would expect to see in general practice.

The strength of this book is the author's summary of numerous journal articles peppered throughout the book, as well as many useful websites links for risk assessment tools, current guidelines, and so on.

Although the journal summaries were brief, they are referenced clearly so that readers who



want to find out more are impelled to source the full journal article.

The Complete nMRCGP Study Guide is not a book to be read from cover-to-cover, but rather one that may be a useful reference guide for filling specific knowledge gaps.

Furthermore, it is not for someone trying to learn aetiology, pathophysiology, investigations and treatments – it presumes the reader has a fairly good knowledge base of the condition already. A disappointment for me, an Australian based GP, is that this book is extremely UK-centric with some of the guidelines differing from current Australian practice standards (eg. blood pressure guidelines for starting antihypertensives).

In summary, The Complete nMRCGP Study Guide is great for topping up knowledge on key general practice presentations and allowing further opportunities to read up on key journal

articles. However, for registrars studying for the FRACGP exams or medical students trying to understand the Australian general practice landscape, it would be recommended to find a book written by an Australian author.

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