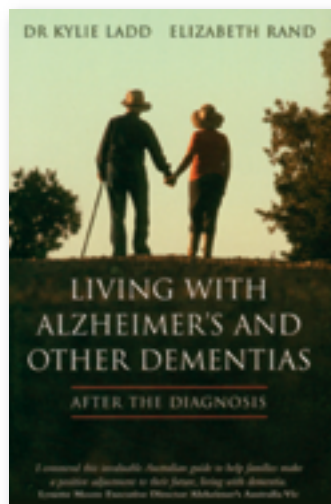


Living with Alzheimer's and other Dementias

K Ladd, E Rand

Michelle Anderson Publishing Pty Ltd, 2005

ISBN 085572 370 X, \$19.95



Health care consumers are encouraged to be active partners in the therapeutic relationship. Access to accurate and comprehensive sources of information can facilitate consumer participation. Given this, and the increasing prevalence and earlier diagnosis of dementia in the Australian community, Ladd and Rand's publication will be welcomed by general practitioners and other providers of aged care services.

Ladd (a neuropsychologist), and Rand (an occupational therapist), have significant experience in memory clinics, predominantly in Victoria. They have produced a holistic consumer resource aiming to help patients and their families in the period following a dementia diagnosis. *Living with Alzheimer's and other dementias* is loaded with simple practical pointers and advice. Information relevant to each state and territory is

included, as well as a chapter directed at careers. Complex concepts as well as sensitive issues are clearly dealt with in lay language. Although not indexed, the book is well structured and includes checklists at the end of each chapter, case histories, and appendices listing further sources of information.

General practitioners may be frustrated by Ladd and Rand's rosy descriptions of available services and the largely positive personal histories. Given that the book is written for consumers, most GPs will find the discussion oversimplified. Despite this, GPs can feel confident recommending this resource to consumers (both patients and their families) who are seeking more detailed information following a diagnosis of early dementia.

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Midwife Wisdom, Mother Love

Sarah James

Lothian Books, 2005

ISBN 0 7344 0826 9, \$24.95



Midwife Wisdom, Mother Love is written by Sarah James, a midwife, child health nurse, antenatal educator and mother of four children. Through her work, the author has found that many first time parents have limited 'hands on' experience and knowledge about pregnancy and childbirth due to lack of interaction with extended families and friends. This book is intended for expectant parents to provide that information and support.

Midwife Wisdom, Mother Love is well set out and easy to read. Sarah James provides a very honest and personal account of her own four, very different, pregnancies and childbirth experiences (the first a forceps delivery with an epidural, the fourth a home birth). She includes anecdotes from friends and families she has worked with and has drawn on her own education and experiences to formulate the advice given, without specific reference to the evidence based or scientific data.

Topics addressed include common problems of pregnancy, physiology of labour, experiences of labour, interventions such as LUCS and forceps, and pain management options. The last chapter advises on postnatal issues, including practical aspects of being in hospital, breastfeeding and baby problems. The information is practical and sensible, although there is a subtle bias toward 'natural' childbirth managed by a midwife.

Midwife Wisdom, Mother Love is one of the books a GP could recommend to first time parents to provide a general overview of pregnancy and childbirth, particularly if they do not want to be overloaded with information and medical jargon.

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