



## Hyperlipidemia

*Fast Facts. Second Edition. By Paul Durrington and Alan Sniderman. Pp. 139. Illustrated. £12. Health Press Limited. 2002. ISBN 1-903734-23-1.*

This issue, like other issues in the Fast Facts series, is intended to be a comprehensive and efficient source of information for busy medical practitioners. The authors draw on extensive experience and communicate information in a guided fashion so that the reader will not explore unfruitful avenues of enquiry. The book is easy and quick to read. The novice will gain a good understanding and can find specific discussion on topics that need to be revisited quickly. Owing to rapid developments in lipidology, this book is not only relevant to students and GPs, but also to specialist physicians and cardiologists.

As expected, it deals with biochemistry and physiology in a selective way to introduce the necessary background before taking the reader into a chapter that innovatively combines epidemiology and pathophysiology. After this, the book deals with various disorders before going to dietary and drug management and their indications. The laboratory tests place good perspective on the diagnostic work-up and future trends are discussed briefly to prepare the reader for developments that will come into press in the near future.

The discussion of apolipoprotein B-containing lipoproteins and their role in atherogenesis is an excellent way to gain insight into the continuity of these particles from their synthesis in the gut and liver, to their secretion into the circulation and modulation by enzymes to provide energy currency to tissues as fatty acids and cholesterol for cells that require it for growth and special products. Along with more modern understanding, the metabolic activity of adipose tissue is incorporated into the scheme of lipoprotein metabolism. The discussion of small dense low-density lipoprotein (LDL) is informative as well.

The epidemiology section explains the poor predictability of atherosclerotic complications in the middle third of cholesterol concentrations of modern societies very well. It emphasises the role of low high-density lipoprotein (HDL) concentrations and how these interrelate with triglycerides and small dense LDL.

The importance of making the diagnosis of familial hypercholesterolaemia is emphasised and, appropriately, the prevalence of this condition in founder populations such as in South Africa, is stressed. In keeping with current opinion, the diagnosis should be clinical and involves a neglected physical sign (tendon xanthoma). The chapters on familial combined hyperlipidaemia and dysbetalipoproteinaemia are covered well in the chapter on secondary dyslipidaemia. Of relevance is the discussion on dyslipidaemia emerging with treatment of human immunodeficiency virus infection. The recent landmark drug trials are persuasively discussed, including the Heart

Protection Study Guidelines in North America and Europe are contrasted in the discussion on management. The more conservative view of the European guidelines is discussed and is of interest as the South African guidelines are in close agreement.

**AD Marais**

## Schizophrenia

*Fast Facts. Second Edition. By Shôn Lewis and Robert Buchanan. Pp. 91. Illustrated. £12. Health Press Limited. 2002. ISBN 1-903734-24-X.*

The book impresses as a focused, well-written and clear review of the current available knowledge about schizophrenia. The brief introductory chapter on the history of schizophrenia serves as a timely reminder that although we have been aware of this condition for more than 100 years, it is only recently that newer information in terms of genetics and brain imaging has started to illuminate the underlying causes of this illness.

All aspects of the topic receive proportionate attention and the newest drug and non-drug therapies are well summarised. This volume is recommended to all psychiatric registrars as a concise, up-to-date reference of the current thinking on the subject. Other health professionals including medical students will also find it a handy, accessible (although possibly a bit expensive) addition to their bookcases.

**Liezl Koen**

## Counselling and coping

*By Kerry Gibson, Leslie Swartz and Rob Sandenbergh. Pp. 143. R120. Oxford University Press. 2002. ISBN 0-19-5719868-2.*

There is no shortage of advice on the subject. Psychodynamic theory has provided a backbone for many years, and continues to provide useful ideas, but its theoretical framework is dating, and its lessons now require repackaging. More modern tools range from e.g. courses for managers on improving their emotional intelligence; to e.g. Balint groups or other ways of setting aside time for self-reflection and group support; to idiotic, e.g. using motivational speakers to effect long-term changes.

The current volume takes a unique approach to the field of human relations and helping. At its heart is a wonderful series of local case studies in which people understand and misunderstand one another. These cases are used to think through a range of relevant issues – the need for self-reflection; the importance of listening deeply; understanding how the present reflects the past; and recognising the impact of cultural diversity. Although the discussion incorporates a range of ideas



from psychodynamics, anthropology, and other fields, it is aimed at increased understanding of these everyday cases, thus chapters deal close with concrete, practical pointers.

Although much of the advice has bearing on the classical doctor-patient relationship, the volume is not aimed at any particular profession, but aims to introduce concepts and provide advice relevant to all those whose work involves helping others. It complements rather than replaces books that focus on doctor-patient interactions. This book may be particularly useful for doctors who need to provide advice to NGOs on how to work with people, or who are asked to provide help to organisations dealing with trauma and change.

Books about counselling do not always provide sufficient information on when people should be referred for medical evaluation and intervention. 'Mental health first aid', including basic concepts about psychopathology and its treatment, should arguably be taught to all those who hope to help others (Jorm *et al.*, 2001). This volume would have been strengthened by inclusions along these lines, particularly as one of its focuses is on the effects of trauma, including posttraumatic stress disorder. It also provides little attention to the important area of erotic transference and counter-transference, despite the perennial temptation to give and receive help through love.

At the same time, a volume such as this is salutary in reminding one about the limitations of a reductionistic medical model focused solely on diagnosis and prescription. The volume makes a particularly important contribution insofar as it covers an impressive range of ideas and concepts with great sophistication, but is grounded in concrete examples and practical advice. This, together with its South African focus, makes it uniquely valuable.

Dan Stein

## IN MEMORIAM

### David Fölscher

David Kriel Fölscher is op 25 Julie 1934 in De Doorns gebore en het sy skoolloopbaan in Montague voltooi.

Hy het in 1961 sy MBChB graad aan die Universiteit van Stellenbosch behaal – een van die eerste groep mediese studente wat aan Stellenbosch gestudeer het. David het jare lank diens gelewer as distriksgeneesheer en algemene praktisyn in Wolseley, waar hy lank die enigste dokter was. Daarna het hy na Clanwilliam verhuis waar hy verder sy deel as algemene praktisyn in ons praktyk en as mediese beampte by die hospital bygedra het. Ons ken mekaar sedert 1957 toe ons saam was in die anatomie-klas by Stellenbosch Universiteit. Dit was 'n voorreg om hom as vriend en kollega te ken. Hy is na 'n lang tydperk van swak gesondheid op 28 Januarie oorlede.

Hy laat sy vrou Lydia (hulle was 42 jaar getroud) en kinders Tian, Manetjie, Lydie, Danie en Sondrien agter. Met sy rustige geaardheid en sin vir humor sal sy gesin en vriende hom met deernis onthou.

HJ Uys

## Erratum

Weens 'n tegniese fout is die verkeerde weergawe van die huldeblyk vir dr. J W van der Riet in die Mei-uitgawe van SAMJ (p. 352) gepubliseer. Ons vra om verskoning vir enige ongerief wat dit veroorsaak het.

## Books Received

*The receipt of these books is acknowledged, and this listing must be regarded as sufficient return for the courtesy of the sender. Books that appear to be of particular interest will be reviewed as space permits. The SAMJ does not publish unsolicited reviews.*

**Handbook of Obstetrics and Gynaecology.** By Zephne M van der Spuy and John Anthony. Pp. xxviii + 435. R200. Oxford University Press. 2002. ISBN 0-19-578079-5.

**Vaccines and Biologicals.** WHO vaccine-preventable diseases: monitoring system 2002 global summary. (Plus CD-ROM.) Produced by Vaccine Assessment and Monitoring Team of the Department of Vaccines and Biologicals. Pp. vii + 380. WHO. 2002.

**Ethical Choices in Long-term Care.** What does justice require? Edited and designed by Oni Annette LaGioia. Pp. xii + 91. Sw.fr.15/US\$14. WHO. 2002. ISBN 92-4-156228-5.

**Success in Africa.** The Onchocerciasis Control Programme in West Africa. 1974-2002. WHO. Pp. vii + 71. Illustrated Sw.fr.25/US\$23. WHO. 2002. ISBN 92-4-156227-7.

**Advances in End-Stage Renal Diseases 2003.** Renal Research Institute Seminars. Edited by C Ronco and NW Levin. Pp. iv +140. Illustrated. CHF112/EUR80/US\$98. Hard Cover. KARGER. 2003. ISBN 3-8055-7535-1.

## Notice to Contributors

The SAMJ endeavours to reflect the original sentiment and vital facts of submitted obituaries, letters to the editor and book reviews. We regrettably cannot give contributors foresight of edited versions prior to publication. Obituaries should preferably be submitted via email to [news@samedical.org](mailto:news@samedical.org) and be no longer than 350 words.