
Book Reviews

Pediatric Nephrology. *Second Edition R N Srvastava & Arvind Bagga, Division of Pediatric Nephrology, All India Institute of Medical Sciences, New Delhi 110 029, 1997, Pages 263, Price Rs 250/-*

This book provides a concise overview of Pediatric Nephrology to Pediatricians and other child health care providers including General Practitioners as well as Adult Nephrologists It has been edited by Drs Srivastava and Bagga from the All India Institute of Medical Sciences, New Delhi The other contributors are Dr D K Mitra (Pediatric Surgery), Dr A K Gupta (Radiodiagnosis) and Dr A K Padhy (Nuclear Medicine)

The first two chapters on Renal Anatomy and Physiology and Evaluation of Renal Function provide a 'good base' for understanding subsequent chapters Imaging of the urinary tract and radionuclide imaging have been explained in a simple language which is easy to understand It could have been emphasized that intravenous urography is contraindicated in patients with renal failure Mention could have been made of the post-void film usually taken during micturating cysto-urethrogram The chapter on antenatal diagnosis is brief and useful However, it should be borne in mind that antenatal intervention is not a routinely accepted treatment in most centers.

'Diagnostic Evaluation' gives a useful guide to approach various common renal symptomatologies The discussion on metabolic acidosis and alkalosis is too short It could have been a separate chapter altogether The terminology of anion gap and the pros and cons of sodium

bicarbonate treatment might have been useful additions

Acute Nephritis, Nephrotic Syndrome, Urinary Tract Infections, Proteinuria, Hematuria and Acute Renal Failure are commonly encountered renal problems for Pediatricians The authors have done an excellent job clearing doubts and giving approach guidelines in management of these children Algorithms for these conditions often prove very useful Small illustrative case studies would make the reading more interesting Mention of National Institute of Health (NIH) studies and intravenous cyclophosphamide therapy in SLE nephritis is worthy Chronic Renal Failure (CRF) is a vast subject The authors give all the necessary information required in the concise text on CRF

Topics in Pediatric Urology have been well covered The chapters on Renal Tubular Acidosis, Hypertension and Resistant Rickets provide a useful insight into these diseases The appendix gives handy information on drug dosages, blood pressure percentiles, etc The list of dialysable poisons could have been an additional help to someone dealing with emergencies

With this book, the pediatrician or child healthcare provider should be able to address any pediatric renal problem confidently and effectively and initiate referral to a specialist at appropriate time I strongly recommend this book to every doctor who looks after sick children

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The Penguin India Guide to Child Care.

R.K. Anand; Penguin Books India (P) Ltd.; 1997; pp 540; Price Rs. 295/-

This book is useful as a guide to child care not only to parents but also to pediatricians and family physicians who treat children. It will help them to learn the art and skills of counselling parents on common health issues faced by them in the care of their children in times of good and bad health. There is a lot of difference between advice and counselling. The latter is aimed at giving all the relevant information and leaving the choice of care to the parents. They then make their choices based on their individual socio-cultural and economic background.

Dr. R.K. Anand starts with a tribute to caring families with a special emphasis on the concept that "Blaming never helps". He believes that understanding others calmly with love and care makes the situation change for the better. He gives a splendid example: when you 'plant lettuce', if it does not grow well, you do not blame the lettuce; the cause for it may be lack of fertiliser, or more water or less sunlight. You never blame the lettuce!

The book is written in four parts: (i) Care of the pregnant mother; (ii) Keeping your child healthy, (iii) Taking care of childhood illnesses and related problems, and (iv) Keeping your child happy.

This book is very different from other conventional books on child care and parenting skills and is geared to answer all pertinent day to day questions on problems faced by parents right from the time the mother gets to know that she is pregnant. It includes information relating to antenatal check-ups, preparation for child birth, prenatal tests, diet and rest during pregnancy, the method for selecting the place of delivery, equipment necessary for the baby, drugs during pregnancy, etc. The 'hows and whys' are also offered wherever necessary.

He has thoroughly covered several other aspects of keeping the child happy and healthy

which though relevant are sparingly touched upon in other books. These include the inculcation of healthy habits, basic facts on recent advances on breast milk and breastfeeding, infant foods, entertainment, immunization, prevention of accidents, home remedies, learning and schooling.

He has drawn upon his clinical experience on child growth and development acquired at Sheffield, where he worked under Prof. Illingworth, a pediatrician of international fame in the field of growth and development of the normal and the abnormal child.

The section on childhood illness and related problems will help the mother to understand an illness, analyze the symptoms and make decisions on whether it could be minor or major and common or rare. The reader is able to discriminate which test (biochemical, immunological and imaging) are necessary and which not.

The author has focused attention on the emotional needs of children and their various behavior problems arising in a joint family out of parental and grand parental attitudes towards them. This section provides solutions and strategies for the normal, psychological and emotional development of the children - an aspect often overlooked by a busy doctor who is treating the child.

The book makes alive to the reader, the current needs and practices in child care in the developing countries. Written in a simple, easy to read style, it makes for very enjoyable and informative reading for parents, grandparents, family physicians, pediatricians, paramedics, medical social workers, psychologists, development therapists, and students of home sciences. Pediatricians can safely recommend this book to all those concerned with bettering child care and development.

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