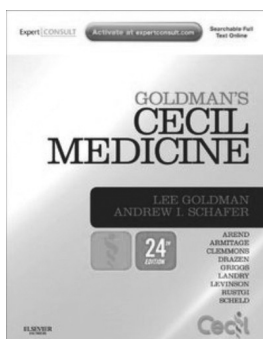


BOOK AND MEDIA REVIEWS

Goldman's Cecil Medicine

Lee Goldman, Andrew I. Schafer, eds

Philadelphia, Elsevier/Saunders, 2011, 2,672 pp. (two-volume set), \$188, hardcover



For generations of physicians, *Cecil Medicine* has been one of the pillars of internal medicine. The textbook that helped budding young medical students gain their first access into the inner sanctum of medicine became their go-to source as residents

and the reliable reference in practice as healers progressed through their careers. The new edition is a fitting heir to this long tradition.

As readers have come to expect, *Cecil Medicine* provides a fine repository of internal medicine information. The underlying pathophysiology of disease is presented and explained in a clear fashion, aiding the reader in understanding why the patient is ill, rather than merely presenting a list of findings and symptoms to commit to rote memory. Appropriate diagnostic evaluations are similarly presented in a rational and cognitive way, not as merely a list of tests to order. Treatments are also presented and explained in a comprehensible way.

Being well into the 21st century, there are topics—some representing progress, some not—that are quite timely and are included at an appropriate level for the non-expert reader. These include chronic disease management, aging populations, genomic medicine, addiction medicine, and terrorism- and war-induced conditions, to name a few. Sections on chronic pain management, alternative and complementary therapies, statistical interpretation and application, and HIV care are included as well.

A pleasant discovery was that the first portion of the book is dedicated to topics that historically have received scant attention in internal medicine texts. End-of-life care, socioeconomic issues, bioethics, and professionalism

are all included. Although to family physicians these sections may seem a bit brief given their significance to the overall health of our patients, their inclusion is a sizeable step in the right direction.

Good use of color is used throughout. "Treatment" sections are easy to identify in each chapter, providing a quick reference to therapy for each condition. Good use of illustrations, both photographic as well as diagrammatic, is used as well. A valuable feature in terms of illustrations is the inclusion of QR codes that can be scanned with a phone or other internet-capable mobile device, linking immediately to an online video demonstrating the physical finding, procedure, or examination technique.

Included with the purchase of the text is access to the electronic version at www.expertconsult.com. This permits *Cecil Medicine*—at least its electronic version—to be more current than is typical for printed and bound textbooks. As of the time this review is being written, the web site boasts that "Over 300 chapters have been reviewed and revised since the book originally published." This makes *Cecil Medicine* competitive with other, electronic-only resources such as Up-To-Date.TM It is very convenient to use *Cecil Medicine* at my desk; however, the website is not formatted to work well on a smartphone. While there is an iPhone version of *Cecil Medicine* available, it is not included in the purchase price of the textbook (add \$180 at the App store). Too bad—it could have made *Cecil Medicine* amenable to point-of-care reference use. Perhaps for the next edition.

The latest version of *Cecil Medicine* fulfills all the expectations we have come to look for in a high-quality internal medicine textbook. It is thorough, complete, yet quite readable as well. The electronic features associated with the text further enhance its value. It should hold a strong place in both initial education in medicine and as a reliable source to which to refer for those more advanced in the profession.

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