

HIV/AIDS AND AGING

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MUSCULOSKELETAL DRUG THERAPY for GERIATRIC PATIENTS

Editors: Marie A. Chisholm, PharmD and James W. Cooper, PharmD, BCPS, Medical College and University of Georgia

Publisher: Pharmaceutical Products Press, 10 Alice Street, Binghamton, NY, 13904-1580, USA.

89 pages, ISBN-7890-0824-6, hard cover (\$30.00), softcover (\$20.00).

Overall Rating: Very Good

Strengths: Covers common topics concisely, relevant to clinical practice

Weakness: Limited scope of MSK illnesses

Audience: Primary Care Physicians and Residents, Nurses, Pharmacists

This short review of the current available pharmacological treatment strategies for four common musculoskeletal diseases was co-published as a monograph in the *Journal of Geriatric Drug Therapy*. Indeed, it reads like a monograph or a supplement that one might find in a primary care journal.

The book is concise, focused and relevant. Readers are presented with four "review articles" dealing with the management of the following common ailments in geriatric patients: postmenopausal osteoporosis, osteoarthritis, rheumatoid arthritis, and hyperuricemia

and gout.

The burden of these diseases on the elderly population is enormous. Each chapter is a complete review article which underlines the human cost of each illness. There is an attempt to emphasize the need for early diagnosis. As well, a brief overview of the epidemiology, pathophysiology, and clinical course of each disease is provided. Where applicable, non-pharmacological treatment, alternative therapies and American College of Rheumatology guidelines are discussed.

However, there are recommendations that may be disputable. For example, the authors suggest that estrogen replacement therapy (ERT) is the "cornerstone of managing osteoporosis". The breast cancer risk is not adequately discussed. We also felt that current evidence regarding the cardioprotective effects of ERT may not be as favourable as presented.

The chapters are easy to read and provide an overview of each topic. The tables are comprehensive and relevant. The evidence is referenced and the index is adequate. In an era where physicians are inundated with compressed snapshots of processed information that must be digested piecemeal, this book is a resounding success. It is an excellent review for practitioners interested in elder care.

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