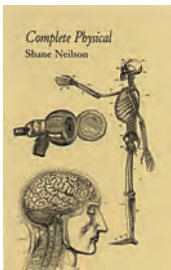


Recommended readings for doctors

by David Hodges

SUMMER IS HERE! Whether you're spending free time down by the lake, setting off to a far-flung destination or simply relaxing in the backyard, don't forget to factor in one very important element: a good read. With this in mind, the *Medical Post* has scoured the shelves of various book mongers to come up with a diverse list of titles that will appeal to doctors—all published within the last year or coming out soon.

• **Complete Physical** by Dr. Shane Neilson (Porcupine's Quill, 64 pages, \$14.95): Dr. Neilson has written poetry that fuses his typical concerns, love and death, with that of his profession as a physician. The poems ponder what it means to be ill, some celebrate what it means to get better and others consider the tragic point when illness becomes identity. In every poem Dr. Neilson's patients come alive, but the main character is that of the observant doctor, chiding, cheerleading, sometimes just doing his duty.



Dr. Neilson, author of numerous books, is a GP in Erin, Ont., and a featured columnist for the *Medical Post*.

Dr. Neilson, author of numerous books, is a GP in Erin, Ont., and a featured columnist for the *Medical Post*.

• **What Disturbs Our Blood: A Son's Quest to Redeem the Past** by James FitzGerald (Random House Canada, 500 pages, \$34.95): Described as a rich, unmined piece of Canadian history, an intense psychological drama, a mystery to be solved

and a hard-won escape from a family curse, FitzGerald digs deep into his own past to detail the medical accomplishments of two generations of his family. It starts with the story of his long-dead grandfather, Dr. John FitzGerald, founder of Connaught Labs, who, like Banting and Best, saved untold lives with his vaccines, and transformed the idea of public health in Canada and the world. But what so darkened his reputation that his memory has been all but erased?

James FitzGerald is a journalist and author in Toronto. The article that sparked *What Disturbs Our Blood* won a National Magazine Award.

• **The Addict: One Patient, One Doctor, One Year** by Dr. Michael Stein (HarperCollinsCanada, 288 pages, \$16.99): Lucy's first appointment with Dr. Michael Stein on a sunny April day began a year-long series of encounters that took her back to the origins of her addiction and unraveled a life driven by compulsion and the constant pursuit of the next pill. *The Addict* follows Lucy from the start of her treatment, through relapse, to her eventual recovery—and provides a deeply personal account of a doctor on the front lines of an epidemic.

Dr. Stein is the author of the award-winning *The Lonely Patient* as well as five novels. He has been treating addiction



for more than 20 years and is a professor of medicine at Brown University in Providence, R.I.

• **After Her Brain Broke: Helping My Daughter Recover Her Sanity** by Susan Inman (Bridgeross, 168 pages, \$19.95): Recommended by Michael Kirby, chairman of the Mental Health Commission of Canada, for its "measured tone devoid of drama or embellishment," Inman's memoir describes her family's nine-year journey to help her younger daughter recover from a catastrophic schizoaffective disorder.



Inman lives in Vancouver and has written numerous articles related to mental illnesses for several Canadian publications, including the *Globe and Mail*.

• **Surgical Heights** by Dr. Paul Hardy (self-published, 206 pages, \$23.95): Based on real surgical cases, Dr. Hardy's novel follows the fictional Dr. Jim Smythe through the most tumultuous six months of his career. At 44, the general surgeon is at the top of his game, yet with doubts about his health, he finds himself under escalating pressure from the medical licensing authority and his own hospital administration over a series of complaints. The situation finally reaches a breaking point in the ER, offering readers a fascinating inside

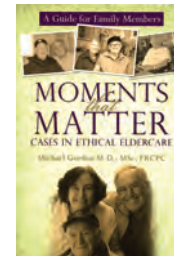


view into the stress, risks and humour in the life of a busy surgeon.

Dr. Hardy is a general surgeon in Red Deer, Alta. Go to www.surgicalheights.com to order a copy of *Surgical Heights*.

To read an excerpt from *Surgical Heights*, go to: www.CanadianHealthcareNetwork.ca.

• **Moments That Matter: Cases in Ethical Eldercare** by Dr. Micheal Gordon (iUniverse Press, 200 pages, \$16.95): One of Canada's longest practising geriatricians has drawn on his vast bank of experience with elder care to write a book for adult children struggling with difficult decisions around "doing the right thing" for an ill parent in the later stages of life. His storytelling of different case scenarios provides an ethical framework when deciding what is best for frail and aging parents.



Dr. Gordon is a member of the University of Toronto's Joint Centre for Bioethics.

• **Collected Works of Florence Nightingale** by Dr. Lynn McDonald (PhD) (Wilfrid Laurier University Press, 200 pages, \$24.95): Why another book on Florence Nightingale, even for the occasion of the centenary of her death? Florence Nightingale is one of the most famous figures in modern medical history, yet questions have been raised as

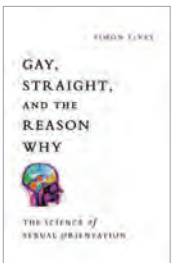


to her real achievements. Much of what we know of her emanates from unreliable second-hand accounts and from a misreading of primary sources. Based on her writings, Dr. McDonald lets the legendary founder of nursing and heroine of the Crimean War speak for herself on reform in nursing, health care, midwifery, workhouses, hospitals and India.

Dr. McDonald is university professor emerita at the University of Guelph in Ontario.

COMING THIS FALL:

• **Gay, Straight, and the Reason Why: The Science of Sexual Orientation** by Dr. Simon LeVay (PhD) (Oxford University Press USA, 432 pages, \$29.95, available in October): LeVay offers a fascinating account of what we now know about the biological origins of sexual orientation, summarizing a wealth of scientific evidence that points to one inescapable conclusion: Sexual orientation results primarily from an interaction between genes, sex hormones and the cells of the developing body and brain. Dr. LeVay provides a clear explanation of where the science stands today, taking the reader on a whirlwind tour of laboratories that specialize in genetics, endocrinology, neuroscience, cognitive psychology, evolutionary psychology and family demographics.



Dr. LeVay is a British-born neuroscientist who has served on the faculties of Harvard Medical School and the Salk Institute for Biological Studies. He has written 10 books, including the *New York Times* bestseller, *When Science Goes Wrong*.

Visit
NEW ARTHROTEC[®] MD.ca



An NSAID with a mucosal protective agent, Pr ARTHROTEC[®] (50 & 75 mg diclofenac sodium and misoprostol tablets) has contraindications as well as warnings and precautions of use.

Please consult the Prescribing Information which is available on the ARTHROTECMD.ca website, or the Product Monograph which is available upon request.



Working together for a healthier world™

©2010
Pfizer Canada Inc.
Kirkland, Quebec
H9J 2M5

™Pfizer Inc, used under license
ARTHROTEC[®] G.D. Searle LLC, owner/
Pfizer Canada Inc., licensee



Learn about Pr ARTHROTEC[®] and request samples through this **new website**.