A Johns Hopkins Press Review Book, this book is a comprehensive overview of the current workup and diagnosis of hepatitis C for curious patients and families. A secondary audience is primary care physicians, nurse practitioners, physician assistants, nurses, and other health care providers looking for an updated review of hepatitis C. The book includes a thorough discussion of hepatitis C for those patients and families seeking to understand the diagnosis. It reviews the pathophysiology of hepatitis C and the potential complications of not treating the disease. Because the book is so comprehensive, readers would need a high level of literacy to process the information. At times, the book uses technical language that would not be familiar to the average patient, such as immunoglobulins. However, it is well-written and highly readable.

The layout of the book is easy to follow with chapters for the various complications. The overview chapter explains the disease with liberal use of easy-to-process diagrams, tables, and descriptions. In his descriptions of the lab tests and procedures, the technicalities can, at times, be too detailed for patient education.

Rapid advances in medicine can outdate hardcopy versions of any medical resource, and this source falls prey to that problem. The book provides limited discussion on the direct acting antiretrovirals that have revolutionized the treatment of hepatitis C. Thuluvath remains impartial in presenting the options for treatment. Unfortunately, in doing so, he does not fully convey the major advance the NS5B and NS5A inhibitors bring to patients in terms of providing a sustained viral response. This aspect limits its applicability to patients who may seek out the text after seeing media coverage and direct-to-consumer advertising.

With new guidelines recommending hepatitis C screening of all individuals born between 1945 and 1965, it is expected that many patients will receive a new diagnosis of hepatitis C and would benefit from this book. The book also serves as an excellent resource for a provider who is interested in a review of the disease prior to implementing a screening protocol or initiating a collaborative treatment program with infectious disease or gastroenterology specialists. The rapid progress in the treatment of hepatitis C limits this book’s utility as a tool for patients considering treatment options. It would not be appropriate for patients with lower levels of literacy.

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Editors: A. Dignass, S. Danese, G.J. Mantzaris, B.E. Sands  
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Price: $86.00

Critical Evaluation of Current Concepts and Moving to New Horizons in the Management of IBD summarizes the proceedings of an international symposium held in Germany in March 2015 which covered emerging concepts in the pathogenesis, diagnosis and treatment of inflammatory bowel disease (IBD). This congress report is comprised of 17 articles written by various IBD experts from Europe and the United States. It addresses many of the diagnostic and therapeutic challenges that are faced when treating patients with IBD and presents potential solutions to these problems, some of which are already available and others which are on the horizon.

The first section of the report addresses the current understanding of the pathophysiology of IBD by focusing on gut dysbiosis. The paper by De Preter in this section nicely explains the role of metabolomics in differentiating between IBD subtypes and in characterizing the gut during phases of active disease and remission. Innovative, non-invasive imaging
techniques that can reliably monitor IBD activity are reviewed next. The third section addresses the difficulty of managing IBD in the setting of infectious complications and prior malignancy. Later articles address the pharmacokinetics of anti-TNF agents and the principles behind drug level/antibody monitoring. The report concludes with a series of articles discussing personalizing care to those with IBD and potential future therapeutic targets.

In summary, this report provides a summary of where we are at in our understanding of the pathogenesis, work-up, and treatment of IBD as well as what lies ahead in the future. It is best suited for clinicians and researchers who already possess a solid understanding of IBD and who are looking to fill in gaps in their knowledge while looking ahead into the future of the field.

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Pediatric Nutrition in Practice
(World Review of Nutrition and Dietetics, Vol. 113), 2nd Edition
Editors: B. Koletzko, J. Bhatia, Z.A. Bhutta, P. Cooper, M. Makrides, R. Uauy, W. Wang
Publisher: Karger Press
ISBN-10: 3318026905
Year of Publication: 2015
Book Price: $58.00

This book was written by an international panel of pediatric nutrition experts and is formatted into short and tightly constructed chapters on all aspects of pediatric nutrition. For readers in the United States, it provides an important world view of aspects of nutrition that need to be discussed but are rarely seen in this country, such as HIV/AIDS and malnutrition with chronic diarrhea. This book has something for anyone at various levels of practice – for the novice physician, it provides a strong foundation of pediatric nutrition while for the expert, it serves as an important update and review of the international state of the art of pediatric nutrition. Short chapters make it an easy reference book. Many chapters have specific, concrete recommendations that can be followed in practice while other chapters have well-constructed tables for quick reference. The annexes contain tools that can be used in daily practice including growth standards, reference nutrient intakes for various countries, and practical advice for families of young children. This competitively priced book would be a great addition to the personal libraries of nutrition experts and is a must-read for nutrition experts that plan to practice internationally.

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IBD 2014: Thinking Out of the Box
Editors:Dignass A. (Frankfurt), Allez M. (Paris), Danese S. (Rozzano), Marteau P. (Paris)
Publisher: Karger, 2014
ISBN: 978-3-31-802806-5
Price: $96.00

This is a proceedings monograph: a collection of articles/lectures from the international symposium “IBD 2014: Thinking Outside the Box”, held in Paris from May 30-31, 2014. The monograph itself is organized into several sections based on the following topics: Environment and the Flora in IBD, Fibrosis in IBD, Cell Based Therapies, New Therapies or New Therapeutic Strategies in IBD, Best Use of Biologics in 2014, Current Role of Immunosuppressants in IBD and the last two sections containing a special lecture on “Integrating Omics: The Future of IBD?” and “The
Overall, this monograph succeeds in its aim of summarizing the latest research topics which are complex in a way that also is easily accessible. For the clinical practitioner and the IBD researcher alike, this is an excellent resource for emerging concepts in IBD pathogenesis and therapeutics.

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