

residency slots by only 10%–20% to allow for the aging population but make significant system changes in how care is delivered, by whom, and with standards for expensive procedures.

A second portion of the book contains conversations the author has had with various experts from different disciplines, ranging from policy makers to educators. These chapters are not only informative but lend a real-life emphasis to the exploration of solutions. The author's openness and willingness to listen to various ideas and viewpoints rather than place all the focus on his own research is commendable and enriches the book.

One of these conversations is with Ian Morrison, PhD, titled "Doctors: Stop Being Depressed and Redesign the System," which is a call for physician leadership in health care reform. As an educator, I take this charge to heart. We need to do more to encourage our learners to become involved in reform at whatever level they feel comfortable.

I do not know that this book will change the world as we know it, but for me it has challenged assumptions about the need for more physicians and will be useful as a reference for the many of us engaged in health care reform at any level and in workforce issues in particular.

Karen Bartley, MD
CMC-Union Rural Family Medicine
Residency
University of North Carolina-Chapel Hill

Colposcopy Principles and Practice, Barbara S. Apgar, Gregory L. Brotzman, Mark Spitzer, Elsevier Health Sciences, 2008, \$74.06, hardcover.

Colposcopy Principles and Practice provides a comprehensive review of the procedure of colposcopy. It begins with the current epidemiological evidence regarding abnormal pap smears, human papillomavirus, and cervical cancer. Included is a

separate discussion of the human papillomavirus and its significance in cervical pathology. The authors review the development of cervical cytological classification systems, the history of the pap procedure, and the current Bethesda system. There is a discussion of thin layer, liquid-based cytology with clear examples of the various types of cellular abnormalities. The different types of human papillomavirus tests are reviewed in detail. The pros and cons of speculoscopy as an adjunct to cervical cytology are discussed. In the sixth chapter the principles and technique of colposcopy are reviewed in detail, including types of biopsy forceps and other important tools used by colposcopists. Normal cervical anatomy is detailed, followed by a comprehensive review of cervical abnormalities with detailed discussion of atypical squamous cells, low-grade squamous intraepithelial lesions, high-grade squamous intraepithelial lesions, squamous cervical cancer, and adenocarcinoma.

Each chapter is filled with clear pictorial examples of the gross appearance and histology of the lesions discussed. Having done a thorough review of all aspects of cervical colposcopy, the authors go on to discuss issues related to normal vaginal appearance, as well as premalignant and malignant lesions; the vulva and both non-malignant and malignant lesions; external genital condyloma and changes associated with in utero exposure to diethylstilbestrol. The particular considerations of colposcopy in pregnant women and human papillomavirus in adolescents are reviewed. Anal cancer is increasing in the general population and high-resolution anoscopy is covered in chapter 23 along with a discussion of current information regarding anal cancer. Lesions of male genitalia and androscopy are reviewed in Chapter 24. The text concludes with chapters discussing the psychosocial aspects of colpos-

copy, treatment options for cervical intraepithelial neoplasia and practical advice to help the provider with more common technical problems that come up with colposcopy.

This text is both comprehensive and detailed. It provides a thorough overview of all aspects of colposcopy from background to practical advice regarding technical aspects of the procedure. It has a multitude of photographs that provide excellent examples of various pathologies discussed as well as normal findings. It discusses the current guidelines for screening for cervical cancer and how those guidelines were developed. It is, in short, an excellent resource for the colposcopist. For the provider learning colposcopy, it is a useful tool for understanding the process of colposcopy, and the pictures and DVD provide visual illustrations that are invaluable. For the more experienced colposcopist the text provides a detailed review. In our teaching program it has proved useful multiple times during our colposcopy clinic, providing on-the-spot visual guidance and excellent resource reading. I highly recommend this text to all teachers of colposcopy as well as all providers who practice this procedure in their office.

Lindy Ivy, MD
Department of Family and Community
Medicine
University of Texas Health Science
Center at San Antonio

Beyond Forgetting: Poetry and Prose About Alzheimer's Disease, Holly Hughes, ed, The Kent State University Press, 2009, 229 pp., \$29.95, paperback.

"Beyond Forgetting: Poetry and Prose About Alzheimer's Disease," an anthology edited by Holly Hughes, is not for everyone. If you are looking for a scientific text describing the known anatomic and neurologic facts, or the latest biochemical and physiologic research

regarding Alzheimer's, this isn't it. If you are looking for some pleasant romantic poetry on a Sunday afternoon, this volume won't fit the bill. But if you are interested in the harsh reality of many families' lives, and perhaps even the reality of your own family, this volume may come close.

While the selections in this anthology were written by established poets, this should not deter non-poetic types from exploring the reality within. These are not difficult to understand, ethereal, illusionary stories. All of the writers have a personal connection with Alzheimer's, and all write directly, openly, and with remarkable clarity. It is immediately evident that the writers are intimately familiar with the losses and agonies of dementia. What is equally apparent is that the writers possess the skills to translate these brutal realities into very personal and, at times, tender expressions. They do not yield to exaggeration or hyperbole. They remain honestly personal without being maudlin. Their stories get to the very heart of the humanity of those afflicted with dementia, as well as those who care for and love them. These stories really do get it.

It may be due to the still obtuse medical nature of Alzheimer's disease that these stories can be told even more directly in poems than in traditional prose format.

We do not yet have medical certainties with Alzheimer's; we instead have the personal stories of people who develop dementia and their families who cope with it. While prose can also express

some of the descriptive realities of the effects of the disease, poetry gets there quicker. The hesitations, inconsistencies, contradictions, and ironies that hang about dementia are somehow easier to sense and learn from these story poems than they would be from well-written text. The pathos of decline, the emptiness of loss, the chronicity of grief all jump from the pages. The more subtle themes of tenacity, devotion, and love that serve as the subtexts of most of these stories become visible.

These poems are not difficult to understand. To gradually read this anthology and listen to its stories will lead the reader to a deeper, broader, and more honest understanding and perception of the life-changing personal and family event we call Alzheimer's.

If you have an immutable aversion to poetry, you work in a situation where you never care for or see patients, and you have no family or friends who have been or could be touched by Alzheimer's, this book may not be for you. If you are now or someday will be a family physician, if you help family physicians to learn, if you work with families or caregivers, or if you have family or friends you love deeply, you will find this anthology powerful, helpful, and pertinent. It is unlikely that the poetic form of these stories will be a deterrent; rather it makes the stories richer, deeper, and more readily understood. The universal openness of the writers makes it easy to feel connected to those afflicted with Alzheimer's and their families—sometimes almost too easy.

This is not a book designed for an intense start to finish, comprehensive read. The readings are more rewarding if taken in small doses, with reflection and examination. Each of the 122 poems tells a different story. While there are some discernible themes on the effects of dementia on individuals and their families, each story presents a unique prism into the myriad ways in which patients, families, and caregivers deal with the challenges, usually with courage, insight, and heroic love.

Can this book be used as a reference? If one is dealing with a patient afflicted with dementia or with a family going through the rigors of loss, reading a poem or two may give the reader further insight. It is likely to foster greater empathy. Will there be poems that you relate to or understand better than others? Of course, with variables including the stories' contents, the writers' skills and style, and your sensitivities, knowledge, and points of reference. Will there be some stories that you find irrelevant or a waste of time? Doubtful.

If you or your family are currently living through the pangs of dementia, this book may be helpful. It may induce you to take a pen in hand and start writing.

Perhaps you will write in prose, perhaps even in verse. Maybe you'll find solace and healing in the words that come from your heart. Others have. Their stories are in this book.

*Bill Toms, MD
Dartmouth Medical School*