

# Book Reviews

## Oxford Oncology Library – Colorectal Cancer

Editors: Daniel Swinson, Matthew Seymour. Published by Oxford University Press. ISBN: 978-0-19-959020-9. Price: £19.99.

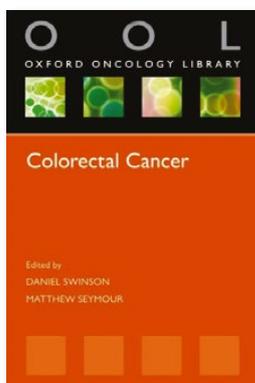
This is a valuable book of 124 pages covering a summary of comprehensive information regarding colorectal cancer. This book is useful for final year medical students and for foundation doctors. It is also a refresher for MRCS part A in colorectal cases and for researchers with interest in colorectal surgery. It contains 12 chapters.

Chapter one deals with the introduction, aetiology, staging, histology and epidemiology of the colorectal cancer. In particular it focuses on modifiable and unmodifiable risk factors, highlighting genetic factors and their associated syndromes.

Chapter two is dealing with the clinical presentation of colorectal cancer and also deals with screening and different varieties of investigations. Finally it demonstrates a new novel technique with proteomics that entails protein analysis from easily accessible body fluids such as blood and urine.

Chapter three is dealing with the surgical options for the management of colorectal cancer and the indication of each option and in chapter four we can read details on the role of radiotherapy in colorectal cancer. It also includes details on treating local advanced disease to achieve curative resection.

Chapters five to seven are focusing on the pharmacology of anti-cancer drugs used in colorectal cancer with the mechanism of action. All the side effects of Flurouracil (5-FU), Capecitabine,



Oxaliplatin, & Irinotecan, are mentioned.

Chapter eight is dealing with the type of surgery for recurrent rectal and colonic cancer, depending on its location and also the contraindications to this surgery.

In Chapters nine and ten we can read details on different surgical procedures used in liver and pulmonary metastasis and their techniques depending on the patient selection.

Chapter eleven is dealing with surgical and non-surgical palliation of colorectal cancer with the importance of presence of multidisciplinary team. Palliative approaches for inoperable bowel obstruction treating symptoms of bowel obstruction are all covered, in addition to the symptoms of tenesmus, rectal bleeding and mucous discharge.

The last chapter discusses the new therapeutic avenues in colorectal cancer in terms of immunotherapy such as vaccines and their related researches. Examples of other therapeutic approaches are organ directed therapy, liver radiotherapy, local ablative techniques, hepatic arterial radioembolization and selective internal radiotherapy brachytherapy with Yttrium-90. ■

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## Management of the Patient at High Risk for Breast Cancer

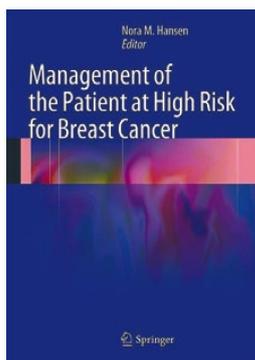
Editors: Nora M. Hansen. Published by: Springer. ISBN: 978-1-4614-5890-6. ePrice: £100.50 Hardback £126.00

This book has in total has 181 pages and is divided into 13 chapters. Each chapter is written by a different author and overall the book covers a range of topics from the genetic and genetic factors in breast cancer to the current and future directions in breast translational research.

The first chapter of the book titled "Identifying Women at High Risk of Breast Cancer: Understanding the risk models" sets the scene perfectly for the readers as it sketches in detail the most commonly used empiric and genetic risk prediction models, summarising the pros and cons of each model. This chapter helped improve my understanding of the IBIS (Tyrer-Cuzick) model that I routinely use in my clinical practice.

The second chapter of the book discuss the genetics and genetic factors in breast cancer, covering various genetic syndromes and the high risk genes that are responsible for early onset breast cancer. Also, a section is dedicated to quantitative and qualitative cancer risk assessments and discusses a few risk assessment models. Further, chapter three details a brief but targeted discussion on BRCA mutations and their role in breast cancer along with surveillance and management strategies for BRCA carriers.

Chapters four to eight mainly focus on the management aspects of the patients at high risk of breast cancer. Personally, I liked reading chapter seven and eight which mainly focus on the



medical and surgical risk reduction management strategies.

Chapter nine focusses on the advance breast reconstruction options and the schematic representations and the breast reconstruction pictures are of high quality and aid in understanding the textual content very well. Chapter ten discusses the management of concomitant risk-developing other malignancies in individuals with a genetic predisposition to breast cancer. I found this chapter an add-on to the main topic and mainly highlighted the management protocols of other associated cancers. Chapters eleven and twelve focus on psychological implications of testing positive for BRCA gene and the high-tech high risk clinics. The last chapter mainly highlights the current and future state of translation research on breast cancer, preventive vaccines and major challenges in non-invasive monitoring of pre-cancerous disease progression.

Overall, I have found this to be a very well illustrated text, easy to read and very informative. I would definitely recommend this book as a good read to both surgeons and oncologists. ■

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