
This book has several chapters on technologies such as argon, krypton, and copper lasers of historical interest, to the pulsed dye, KTP (Potassium titanyl phosphate) laser, alexandrite laser, diode and Nd:YAG lasers which are currently in use. The laser physics has been explained at length and is presented with clarity of thought for the practicing physicians. Properties of light, chromophore targets, laser interaction with tissue and photothermal effects of lasers are explained using easy to understand concepts. Fluence, irradiance, pulse width and the depth of the laser penetration and scattering help understand subsequent chapters. The chapter on pulsed dye laser helps understand the concept of a high power flash lamp which stimulates the dye rhodamine to produce a pulse of yellow light. Bigger vessels and thicker lesions can be targeted. Vascular malformations and syndromes are classified as high flow and slow flow and how the Pulsed Dye Laser (PDL) is an excellent treatment for port wine stain.

Multiple photographs of various conditions are included and the numerous conditions that are amenable to therapy by various lasers are also listed.

The Nd:YAG laser has been the most difficult to conceptualize for the clinical dermatologist. The chapter explains clearly how the wavelength can be tuned to target blood vessels, hair, verrucae, photorejuvenation and onychomycosis as this wavelength is absorbed by haemoglobin, water and melanin. Complications such as hyperpigmentation, hypopigmentation, purpura, scarring and infection are discussed with measures to prevent, recognize and rectify them.

This book is of value to practicing dermatologists as it is small in size and concise in content.

Adolescents and young adults with hematological disorders: Challenges and perspectives, M. S. Tallman, P. Raanani, editors (Karger, Basel, Switzerland) 2014. 166 pages. Price: US$ 61.00/CHF 52.00/EUR 49.00 ISBN 978-3-318-02718-1

Adolescents and young adults (AYA) with haematological disorders meet unique challenges especially in case of cancer diagnosis and management. The desire to be treated like an adult or, in case of young adults, the idea that they are too old to be treated in a paediatric institution may influence where AYA patients seek care. This book addresses the needs of AYA patients who face special therapeutic challenges with a focus on haematological disorders. It comprises of 18 chapters and aims to increase awareness of this group of patients. It covers a wide spectrum of haematological disorders that are pertinent to AYA patients with up-to-date and well written chapters.

In the chapter, “Acute Lymphoblastic Leukemia in Adolescents and Young Adults”, the authors have quoted the defining age from established groups with explanation. A detailed account of the difference between AYA and paediatric cases with respect to mutations has been given. A comprehensive comparison with paediatric ALL with respect to the treatment has also been highlighted, along with retrospective comparisons of AYA ALL patients treated by adult versus paediatric oncologists. Although incidence of negative pH in paediatric ALL is mentioned, the same...
in case of AYA is not mentioned, despite the fact that work up for it in AYA is suggested. Also the role of hematopoietic stem cell transplantation (HSCT) in AYA has not been elaborated. The role of newer agents like moxetumomab, inotuzumab, blinatumomab, and CAR (chimeric antigen receptor) in AYA has also not been mentioned.

In the next chapter, “The Challenging Aspects of Managing Adolescents and Young Adults with Hodgkin’s Lymphoma”, there is an extensive comparison of the prognosis of the same protocol between young adults and adolescents. Emphasis has been laid on the effects of anthracycline therapy on adolescents. In the chapter, “Adolescents and Young Adults with Non-Hodgkin’s Lymphoma: Slipping between the Cracks”, the common non-hodgkin lymphomas (NHLs) are discussed accordingly for AYAs citing relevant studies. In another chapter, “Acute Myeloid Leukemia in Adolescents and Young Adults: Challenging Aspects”, a due consideration of various psychological aspects and quality of life (fertility, issues concerning siblings of AYA) has been taken into account, while in “Chronic Myeloid Leukemia in Adolescents and Young Adults: Patient Characteristics, Outcomes and Review of the Literature”, an extensive justification of apparent discrepancies across studies comparing the outcome of AYA CML patients is available. Issues of adherence to oral tyrosine-kinase inhibitors (TKIs), impact of cost of care, insurance and access to healthcare have been dealt with.

In the chapter, “Acute Promyelocytic Leukemia in Children and Adolescents”, toxicity of all trans retinoic acid (ATRA) and chemotherapy has been emphasized. In the next chapter, “Hematopoietic Stem Cell Transplantation in Adolescents and Young Adults”, issues like fertility and after late effects which are important issues in this age group have been duly considered.

The chapter, “Challenging Aspects of Managing Hemostasis in Adolescents”, provides information on some common acquired causes of Venous thromboembolism (VTE), but the approach to diagnosis and management of VTE and the rationale of treatment have not been elaborated. However, emphasis on menorrhagia, one of the important causes of blood loss in adolescents has been given priority, but important topics such as haemophilia A and the development of inhibitors have not been touched upon.

In the chapter, “Aplastic Anemia in Adolescents and Young Adults”, thorough diagnostic work up has been elaborated. The issues of delayed presentation has been dealt with, similarly importance to differentiate aplastic anaemia from pancytopenia is emphasized. Social issues (insurance, education, employment) and family issues (pregnancy, fertility) have also been given importance. In the chapter, “Thalassemia Major and Sickle Cell Disease in Adolescents and Young Adults”, risk factors for acute coronary syndrome are described. Also the role of hydroxyurea on sperm count is quoted appropriately with studies. Issues of family counselling for haemoglobinopathy and sickle cell disease have not been discussed. The effects of hyperferritinaemia on heart have not been discussed. Premarital counselling should have also been included in this target age group. Issues such as adherence, survivorship, cardiotoxicity in childhood cancer and challenges in cancer care delivery in AYA patients have also been discussed.

This book is likely to be relevant for basic researchers, healthcare professionals who are inclined to learn more about haematological manifestations in AYA. It may also be of interest to physicians dealing with AYA, especially in the field of haematology and oncology, as well as paramedical staff including nurses, psychologists, social workers and pharmacists.

Renu Saxena
Department of Hematology
All India Institute of Medical Sciences
Ansari Nagar, New Delhi 110 029, India
renusaxena@outlook.com

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This book is a collection of abstracts of articles on selected topics pertaining to nutrition and growth which are published along with the comments of the experts on these articles. The abstracts are grouped under six chapters namely, “Obesity, Metabolic Syndrome and Nutrition”, “Neonatal and Infant Nutrition, Breastfeeding”, “Cognition”, “Nutrition and Growth in Chronic Diseases”, “Malnutrition and
Catch-up Growth during Childhood and Puberty” and “Pregnancy: Impact of Maternal Nutrition on Intrauterine Fetal Growth”.

Each chapter consists of a brief write up providing information on the importance and relevance of the respective topic. This is followed by the title and abstract of the article and a brief comment from an expert on the strengths, limitations and applications of the article.

There has been a rapid increase in the number of publications on nutrition and growth partly because of the emergence of dual nutrition burden and partly because of improved technologies for investigating growth and development. Professionals from diverse specialities such as paediatrics, epidemiology, endocrinology, gastroenterology, nutrition, dietetics and general medicine publish research studies on nutrition, growth and development, each having their own priorities and perspectives. Accessing these publications, learning the emerging concepts and other relevant information from different specialist groups on nutrition, growth and development is a challenge even for those research scientists having access to research publication databases. Access to these diverse publications is a prerequisite for promoting exchange of knowledge and information between different groups. Building productive intersectoral collaborations may pay rich dividends and hasten the process of understanding the complex processes of nutrition, growth and development, mechanisms by which different factors act, interactions between multiple factors that affect growth, and evolving interventions for improving nutritional status and promoting growth. This effort will also help the postgraduates to update their knowledge on these topics within a short time.

The ultimate aim of all these publications is to update the knowledge and understanding of not only clinicians but also nursing personnel and other health professionals involved in the care of children, regarding the newer concepts in these areas and how in light of these, current practices aimed to improve health and nutrition care of the children can be modified. However, practicing professionals lack both the time and access to numerous publications in which articles pertaining to nutrition, growth and development are published. They also may not have the time to access many journals and may not have the experience and expertise to sift among the articles, and utilize the knowledge gained in improving service delivery.

This book enables all the groups to go through the abstracts and comments within a relatively short time; they can then pick up the abstract that is of interest and access the full article. Thus from the users’ perspective this is a welcome move.

Prema Ramachandran
Nutrition Foundation of India
C-13, Qutub Institutional Area
New Delhi 110 016, India
premaramachandran@gmail.com