

## Healthy aging: a lifelong guide to your physical and spiritual well-being

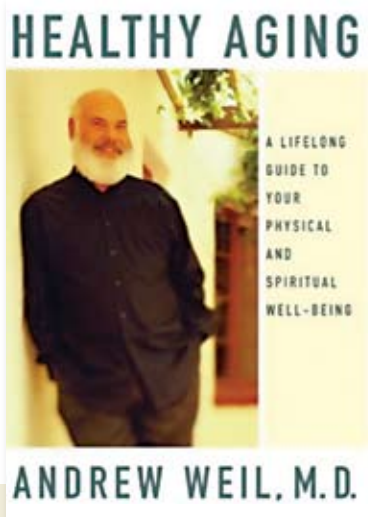
**AUTHOR** Andrew Weil

**PUBLISHER** Random House of Canada Ltd, 2775 Matheson Blvd E, Mississauga, ON L4W 4P7; **TELEPHONE** 905 624-0672;

**FAX** 905 624-6217;

**WEBSITE** www.randomhouse.ca

**PUBLISHED** 2005/304 pp/\$36.95



The second part of the book presents practical information. It begins with disease prevention, but quickly moves beyond that to much more proactive health promotion. Using the science of nutrition, inflammation, and glycation, Dr Weil promotes an “anti-inflammatory diet.” Dietary supplements are thoroughly and scientifically addressed, and evidence-based recommendations are presented. Chapters on less controversial strategies related to physical activity, rest and sleep, touch, and sex are also provided, with advice on how to overcome potential barriers. Subsequent

chapters on stress, memory, and spirituality provide information on less widely recognized strategies, including breathing, meditation, visualization, body work, cognitive behavioural therapy, memory enhancers, and ethical wills. A glossary of terms and an appendix of suggested reading, resources, and supplies provide further assistance.

No one who reads this book is likely to continue denying the realities of aging. Perhaps, however, only readers can determine whether the author’s aim of promoting healthy aging has been fulfilled. Undoubtedly, physicians and other health professionals will find this book an excellent reference for guiding patients.

—Carol L. McWilliam MSN EdD

**Dr McWilliam** is a Professor and nurse-researcher in the Faculty of Health Sciences at the University of Western Ontario in London.

### OVERALL RATING Excellent

**STRENGTHS** A thorough, evidence-based instructional text presenting both biomedical and natural homeopathic strategies for achieving healthy physical, psychosocial, intellectual, emotional, and spiritual aging throughout life

**WEAKNESSES** Although stories of healthy older people do much to change the dominant negative conceptions of aging, detailed explanations of how the aging process enhances the value of whiskey, wine, cheese, beef, violins, and antiques might not

**AUDIENCE** All primary health care practitioners and anyone with at least a secondary education in biochemistry and an interest in promoting their own health throughout life

Combining biomedical and natural strategies for health, *Healthy Aging* provides a comprehensive overview of how to promote health throughout life. The first part of the book answers questions about aging. The potential for immortality is debunked with a rational scientific explanation of cellular function, of the fallacies of antiaging theories and remedies, and of the myths of longevity. To soften the harsh reality thereby exposed, Dr Weil elaborates the value of aging, drawing parallels with the greatly appreciated complexity of aged spirits, the perfection of aged cheese, the aging of lesser into more desirable qualities of beef, and the connections to the past afforded by antiques. Much more powerful, however, is the story of his aged mother and the sage lessons her life offers.

## Family changes: a workbook for families during divorce and separation

**AUTHOR** Kelly Carter

**ILLUSTRATOR** Kelly Emeren Tynan

**PUBLISHER** KidzFirst Productions, 104 Highland Ave, Charlottetown, PE C1A 2H6; **TELEPHONE** 902 393-4909;

**WEBSITE** www.kidzfirstproductions.com

**PUBLISHED** 2004/48 pp/\$16.95

**OVERALL RATING** Good

**STRENGTHS** Provides a tool for dialogue between children and parents during parents' separation and divorce

**WEAKNESSES** A somewhat optimistic description of separation and divorce

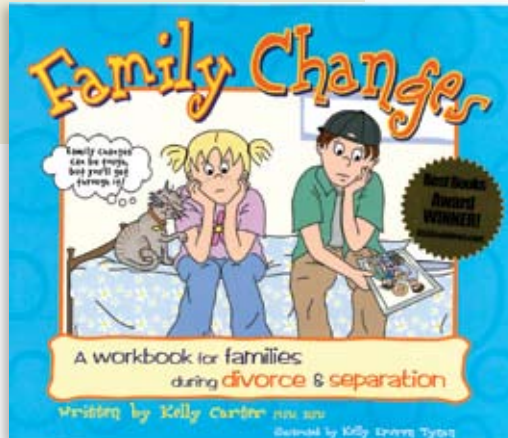
**AUDIENCE** Primarily children between the ages of 6 and 12, but it can also be used for younger children; parents

**F**amily Changes is an interactive workbook for children whose parents are going through a separation or divorce. Kelly Carter, a social worker, has worked with children from divorced and separated families for years. Using age-appropriate language and rich illustrations, this workbook invites children to express their feelings and reassures them that strong and conflicting emotions are normal during great upheavals in their family constellation. The workbook also deals with the broader issues of both appropriate and inappropriate child and parental behaviour often observed in families going through separation and divorce.

Although the text is inclusive, the author makes a number of assumptions about separation and divorce that might not resonate with all children. The author assumes that after a separation or divorce, children will have 2 homes and that both parents will remain equally involved in their lives. This is not always the case. Some separated or divorced parents have infrequent contact with their children and might live in another province, or even on another continent.

The book also deals with family violence. Children are invited to write down an "emergency number" for reference if they need to call for help when "someone is going to be hurt." The author suggests that children might need to ask parents for this information. But what if the parents are abusive? Even non-abusive parents might not like the idea of children calling for help during a violent episode in the family. In fact, such a request could lead to severe punishment for some children.

Overall, family physicians should recommend this workbook to their adult and pediatric patients when they know that they are going through a separation or divorce. The book is a good starting point for dialogue



between parents and their children during difficult family times.

—Baukje (Bo) Miedema MA PhD

Dr Miedema is a sociologist and the Director of Research at the Dalhousie University Family Medicine Teaching Unit in Fredericton, NB.

## Cancer is a word, not a sentence

**AUTHOR** Robert Buckman

**PUBLISHER** Key Porter Books, 6 Adelaide St E, 10th Floor, Toronto, ON M5C 1H6;

**TELEPHONE** 416 862-7777;

**WEBSITE** www.keyporter.com

**PUBLISHED** 2006/280 pp/\$26.95

**OVERALL RATING** Excellent

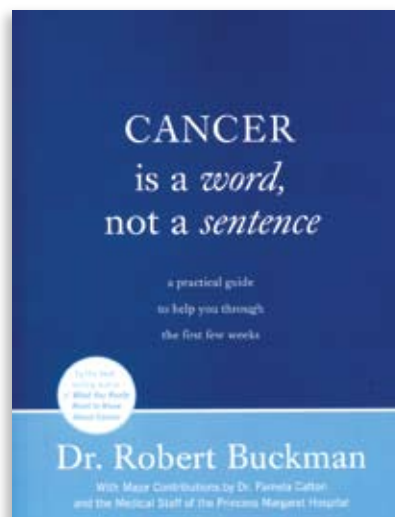
**STRENGTHS** A concise, hopeful, and practical approach to dealing with a diagnosis of cancer

**WEAKNESSES** Its focus on providing ways for patients to regain control of their lives results in a lack of detail on some topics

**AUDIENCE** Newly diagnosed cancer patients and their families

**C**ancer Is a Word, Not a Sentence is surprisingly unique. There are few books that provide a pathway to cope with the first few weeks after a cancer diagnosis. Other books on cancer tend to deal with the facts. The author helps patients move from the diagnosis to what he feels are the more important and relevant aspects of the situation.

The book is organized into 6 questions. The first 3 questions are What's going to happen to me next? What's treatment like? and Isn't there an easier way? He emphasizes the fact that cancer is not simply one diagnosis, but rather various diseases. The focus is on the emotional aspects of cancer management as



opposed to a summary of facts. For example, checklists are supplied to make the process less intimidating. Buckman provides strategies to make sense of the myriad events patients will face; for this, the book is extraordinarily successful. The result, however, is that some sections are less detailed, requiring patients to seek information elsewhere.

The second half of the book diverges even further from standard books on cancer. Buckman addresses the questions How do I get back on track? Do I always have to have a positive attitude? and What can I do to

help myself? This section contains fascinating topics, such as surviving versus thriving. The book is an accessible and quick read. Patients, health care providers, family members, and friends will find this book an invaluable guide to calming the emotional turmoil associated with cancer diagnosis.

—Michael Lock MD CCFP FRCPC

**Dr Lock** is Medical Director of the Department of Radiation Oncology and Head of the Division of Radiation Oncology at the University of Western Ontario in London.

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## |Bulletin Board|

### Dress code

Neckties? Banned. Long sleeves? Ditto. Rings? Ditto. False nails? Ditto. The UK Department of Health has recently published a document on the role of health care uniforms in the transfer of infection. Based on several extensive literature searches, expert opinion, and scientific study, the authors offer examples of good and bad practice, with the overall recommendation that health professionals be "bare to the elbows." They also point out that neckties perform no beneficial role in patient care and have been shown to be colonized by pathogens. Interestingly, the paper concludes that there is no conclusive evidence that uniforms (or other work clothes) pose a major hazard in terms of spreading infection. For more information, see *Uniforms and workwear: an evidence base for developing local policy* from [www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_078433](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_078433).

### One-on-one

In late 2006, the Canadian Federation of Medical Students launched the ground-breaking International Health Mentorship Project (IHMP). The IHMP works to ensure that future physicians have access to education, resources, and networks in the areas of global health, development, and relief.

The IHMP matches Canadian medical students with experts in global health to collaborate on pre-determined goals through weekly communication (telephone, e-mail, or in person). More than 45 international and governmental organizations (eg, Médecins Sans Frontières, Save the Children, and the Canadian International Development Agency) have dedicated staff to the project. So far, more than 60 medical students have been linked to one-on-one mentorships with global health professionals.

If you are interested in participating in this project as a medical student or a mentor, please contact the IHMP at [mentorship@cfms.org](mailto:mentorship@cfms.org). More information can be found at the IHMP website: <http://ihmp.cfms.org>.

### Canadian Adverse Reaction Newsletter

The latest *Canadian Adverse Reaction Newsletter* is available on-line at [www.healthcanada.gc.ca/carn](http://www.healthcanada.gc.ca/carn). Topics covered in this issue include the following:

- gadolinium-containing agents—update on nephrogenic systemic fibrosis,
- sibutramine and cardiovascular adverse reactions,
- Swedish Adjustable Gastric Band and erosion,
- announcements—Canada Vigilance and Expert Advisory Committee on the Vigilance of Health Products (for more information, visit the MedEffect Canada website at [www.healthcanada.gc.ca/medeffect](http://www.healthcanada.gc.ca/medeffect)), and
- summary of advisories posted by Health Canada from May 15 to August 16, 2007.

Advisories are available from [www.hc-sc.gc.ca/dhp-mps/medeff/advisories-avis/index\\_e.html](http://www.hc-sc.gc.ca/dhp-mps/medeff/advisories-avis/index_e.html). To receive this newsletter and health product advisories free by e-mail, join Health Canada's MedEffect mailing list. Go to [www.healthcanada.gc.ca/medeffect](http://www.healthcanada.gc.ca/medeffect).

### Bulletin canadien des effets indésirables

Le numéro le plus récent du Bulletin canadien des effets indésirables est disponible à [www.santecanada.gc.ca/bcei](http://www.santecanada.gc.ca/bcei). Dans ce numéro:

- agents contenant du gadolinium—mise jour concernant la fibrose systémique néphrogénique,
- sibutramine et effets indésirables cardiovasculaires,
- anneau gastrique ajustable suédois et érosion,
- annonces—Canada Vigilance et Comité consultatif d'experts sur la vigilance des produits de santé (pour plus de renseignements, veuillez visiter le site Web MedEffet Canada [www.santecanada.gc.ca/medeffect](http://www.santecanada.gc.ca/medeffect)), et
- sommaire des avis affichés par Santé Canada du 15 mai au 16 août 2007.

Les avis sont disponibles à [www.hc-sc.gc.ca/dhp-mps/medeff/advisories-avis/index\\_f.html](http://www.hc-sc.gc.ca/dhp-mps/medeff/advisories-avis/index_f.html). Pour recevoir gratuitement par courriel le Bulletin et les Avis sur les produits de santé; inscrivez-vous à la liste MedEffet. Rendez-vous à l'adresse [www.santecanada.gc.ca/medeffect](http://www.santecanada.gc.ca/medeffect).