

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.

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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.

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. 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. 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), 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. 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.

Bulletin canadien des effets indésirables

Le numéro le plus récent du Bulletin canadien des effets indésirables est disponible à 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), 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. 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.