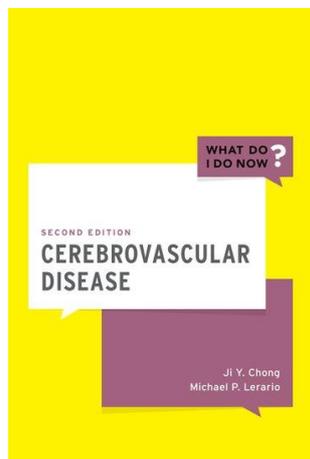


BOOK REVIEW

So, what do I do now? Cases in Cerebrovascular Medicine.



It is about midnight as you're writing up notes for the patient you'd just seen in A&E. You were hoping to get an easy and relaxed night shift this Sunday evening, but the reality of filling in for your sick colleagues, in the already understaffed department, quickly verified your plans.

As you finish drafting the plan for the patient, a woman rushes through the door of the resus room and cries off the top of her lungs:

"Help! My husband has had a heart attack in the parking! I think he's dead!" she exclaims and approaches you, desperate for anyone with a vague resemblance of a doctor.

Armed with your knowledge of resuscitation, you call the arrest team and plough forward to the hospital parking lot, where you find a 58-year-old man who is pulseless and unresponsive. You are happy to see that the daughter had already begun the CPR and you quickly diagnose the ventricular fibrillation rhythm.

He is promptly intubated and defibrillated, with a return of spontaneous circulation in 10 minutes. Happy with this, you complete the workup and notice that he is moving his limbs and localizes to pain. The team is ready to send him off for the PCI. After the procedure, his sedation is withdrawn to reassess his neurological status.

You stand at the bedside and observe with mounting fear as his arms and legs are completely unresponsive to any noxious stimuli. You ask yourself this crucial question: "What do I do now?"

'*Cerebrovascular Disease*' is another book of the series with that question in the title. This time, the OUP has provided us with the pleasure of 38 distinct, thought-provoking, and, above all, hugely relevant cases in acute neurology, cerebrovascular, and stroke medicine.

Every chapter begins with a short scenario like the one presented above. I actually unashamedly stole that story from the case #28 "Cardiac arrest", and if you enjoyed reading it, I can assure you that the remainder of the scenarios is as just as exciting.

With the front page separated from the remainder of the text, you have some time to think, pause and consider your options. The book will then walk you through the assessment, diagnosis, and treatment of the case, with concrete clinical correlations and supporting basic science and physiological information.

Apart from the usual figures showing imaging or relevant diagnostic workup for the patient, every case will contain some general knowledge for you to absorb, in the form of small and extremely practical lists and tables. Each case finishes with a summary of salient points for you to take away and use in your practice.

What is great about this book is that it doesn't give you a straight, prescriptive answer. Rather, it shows you the evidence for each management and diagnostic option. Chong and Lerario refuse to spoon-feed you the information; they treat you like an educated juror on the trial, citing large studies, quoting figures, discussing limitations, and intellectually stimulating you to form an informed and well-researched choice.

Another great thing about that book is that it's genuinely clinically orientated. Each case is about four pages, which makes it an easy lunch bite in the staff room, and you can read the scenarios in any order.

The knowledge presented is of the high quality, but it's distilled to the shortest and most concrete points possible, giving you just enough information to form an evidence-based choice that would normally cost you hours of research.

For example, in our case above, the chapter informed us about anoxic brain injury of the CPR, cited large trials of hypothermia as a therapeutic agent, showed the guidelines for post-arrest neurological treatment, and discussed how they arrived at the specific recommendations. It also considered other testing modalities, neurophysiology, and the prognostic factors for a long-term neurological recovery.

All that was summarised in a handy figure and a three-point take-home message box at the end. Very impressive for a four-page read.

I would recommend the book to anyone interested in stroke medicine, vascular neurosurgery, or acute neurology in general. The authors avoid unnecessary jargon and all concepts are well explained. It's one of these books you don't need to

read from start to finish, as you can pick up the chapters as and when you need them.

WHAT I REALLY LIKED ABOUT THE BOOK:

- **Chapter structure make it a light lunch-bite read**, with stand-alone cases that are easy to follow, yet interesting and unique in their content
- **The authors don't tell you what to do**, they present concrete evidence, facts, and numbers in a coherent and logic manner
- **The relevant knowledge is distilled to clinically-relevant facts and key points**, without compromising on the basic science or pathophysiology of the disease.

WHAT I WOULD IMPROVE IN THE BOOK:

- Because of the format, the brain images are quite small. Although it's mitigated by their description, an online resource with full size pictures would be helpful
- There is indeed a further reading section, but it would be easier if the papers listed in bibliography were cross-referenced with the in-text citations

The Cerebrovascular Disease. 2nd ed. by Ji Y. Chong & Michael P. Lerario, 208 pages published in paperback by the *Oxford University Press* is available to order here:
<https://global.oup.com/academic/product/cerebrovascular-disease-9780190495541?cc=gb&lang=en&>

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