

Gout: Diagnosis and Management of Gouty Arthritis and Hyperuricemia

Robert Terkeltaub and N. Lawrence Edwards, Professional Communications, Inc., West Islip, New York, USA, 256 pages. \$24.95 US.

Drs. Terkeltaub and Edwards have chosen an opportune time to comprehensively review gout and hyperuricemia, as the field has had a number of new drug trials and epidemiologic studies in recent years. The book is well written and illustrated and is laid out logically, first describing the pathophysiology and epidemiology of gout. They then describe the various aspects of gout management, while highlighting recent developments in the field.

Many readers will appreciate the succinct appraisal of the recent trials regarding the use of the new xanthine oxidase inhibitor febuxostat. The role of this new drug in the treatment of gout highlights its potential use in patients with moderate renal insufficiency and in those with previous allopurinol sensitivity. The authors also review appropriate and evidence-based management approaches for acute gout using colchicine, as well as noting potential side-effects of this drug and ways to minimize toxicity. The treatment sections of the book have specific tables detailing treatment regimens and monitoring schema, which makes the text a useful pocket reference. There is also a specific chapter dedicated to management of difficult cases of gout and hyperuricemia, including patients with renal dysfunction and refractory hyperuricemia, organ transplant patients, and special considerations for management in elderly populations.

One useful feature is a chapter on the importance of patient education in gout management, which offers helpful strategies for explaining gout and its treatment to patients in easily understood terms.

I would recommend the text for general practitioners or rheumatologists looking for a helpful pocket reference on all aspects of gout.

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