LETTERS TO THE EDITOR

The real cost of aspirin

EDITOR,—In the context of coronary heart disease, the poor perception of the hidden cost of aspirin partly stems from under-recognition of alternative therapeutic strategies for achieving the objective of primary or secondary prevention of myocardial infarction during long term use. A prime example is the use of warfarin, which, in patients who already have a strong indication such as atrial fibrillation, for its long term use, can serve as a satisfactory alternative therapeutic strategy. This is because, in its own right, anticoagulation to a target international normalised ratio (INR) of 1.4–2.0 can reduce the risk of myocardial infarction by 47% in high risk males aged 45–69. This compares favourably with the 34% reduction in myocardial infarction risk achievable with aspirin in chronic stable angina.

For secondary prevention of myocardial infarction, prospective studies show at least comparable efficacy between warfarin (adjusted to target INR of 2.4–4.8),15 and aspirin,1 while, in the meta-analytic context (antidating the comparison between aspirin and warfarin), data from the Antiplatelet Trialists Collaboration are less favourable than data from anticoagulant trials on the basis of “numbers needed to treat”.16 Statins are an alternative and powerful modality both for primary and secondary prevention of myocardial infarction in patients with modest as well as a marked increase in plasma cholesterol concentrations.17 As with warfarin,1,15 this combination is associated with an additional effective drug interaction,4 the latter objective currently not achievable with aspirin.16 In the presence of either coronary heart disease, hypertension, or diabetes, angiotensin converting enzyme inhibitors can reduce myocardial infarction risk by 20%, a spilt off being a 23% reduction in heart failure risk.18

Secondary prevention of myocardial infarction along with primary prevention of heart failure after myocardial infarction, comprise two end points also achievable with β-adrenergic blockade in conventional, and in low doses, respectively.1 However, the possibility of a highly beneficial drug interaction between the two modalities, perhaps unlikely to be enhanced by coprescription of aspirin, given the possibility of an adverse interaction between aspirin and enalapril.19

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Dr Burgess responds on behalf of the authors: the comments about the use of statins, angiotensin converting enzyme inhibitors, and β-blockers in the secondary prevention of coronary events, these drug groups appear to have an additive effect.

Hyperthyroidism induced by β-human chorionic gonadotrophin

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The reviewers have been asked to rate these books in terms of four items: readability, how up to date they are, accuracy and reliability, and value for money, using simple four point scales. From their opinions we have derived an overall “star” rating: * = poor, ** = reasonable, *** = good, **** = excellent.


BOOK REVIEWS

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This book provided an evidence based guide to the teaching and learning of communication skills. The book is based on the principles of adult education and includes advice on how to integrate communication skills teaching. It includes useful boxes which communications skills facilitators can use to help them guide small group sessions.


After two introductory contributions, the remaining 23 chapters (written by 29 contributors) are arranged under the following section headings: “Illness stories”, “Narrative in medicine”, “Learning and teaching narrative”, “Understanding narrative in health care”, and “Broader perspectives on narrative in health care”. There is also an appendix (by the editors) which contains valuable suggestions for further reading, followed by an adequate index.

But what is narrative based medicine, and what has it to offer? The subheading of the book (“Dialogue and discourse in clinical practice”) is probably more revealing in this context than the main title. In a foreword (written by H Brody) the reader is told (and this is reiterated in chapter 1) that “after two and a half years of being taught on the assumption that everyone is the same (my italics) the student has to find out for himself that everyone is different...”. “Most people (the reader is also told) would have said as recently as 1982 that stories are an unimportant and uninteresting feature of medicine”.

The contents of this book (one writer assures his readership) “allow us to see both sides of the bridge with equal vividness”. What will become of medicine as we know it, if medicine loses its identity to the individual? What is it like to suffer from cancer or a stroke, or survive to the age of 78 with haemophilia? Narratives are also included of an epileptic and a sufferer from angina. The importance of literature in medicine, and the value of dialogue between doctor and patient, is highlighted. The role of anecdotes is rightly stressed. “The sick, like the poor, leave few archives behind them”.

So diffuse are the contributions that this text is almost impossible to review adequately in 250 words. There is clearly much to be gained, however; but the book should be read alongside systematic texts of medicine, and not as an alternative to them!

G C COOK
Welcome Trust Centre for the History of Medicine, London, UK


This book is written by senior statisticians with a wealth of experience in both statistical research and teaching. The first section of the book deals with the different statistical methods including means, medians, proportions, confidence intervals, sample sizes, regression, correlation, and meta-analyses. The second section details useful information on statistical guidelines for contributing to medical journals including the selection of the appropriate tests and presentation and interpretation of results. The final part is a reference section on notation, software for analysis, and statistical tables. A disk is included for calculating confidence intervals.

This book is well written and understandable covering the range of basic to advanced statistics. The text is very well illustrated with worked examples and references. The book will be invaluable to all health professionals wishing to start medical research and as a reference source for more experienced workers. The book and included disk is good value at £18.95.

A R HART
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The stimulus to write this book is the recent change in healthcare policy in the United States whereby there is a move away from the "specialist" to the "generalist". It is anticipated that the number of residency training posts in neurology may fall to possibly half the present number. This contrasts with the UK where the increasing demand for neurologists and those in other specialties is driving waiting lists higher and higher.

The stated rationale for this book is that all physicians should be familiar with the general principles of neurological diagnosis and management. Its purpose is to "focus on practical issues of management" and avoid "esoteric diagnostic distinctions with little practical relevance".

Part 1 concentrate on neurological skills. The localisation of a lesion applying basic anatomical concepts is followed by a practical description of how to perform a neurological examination and advice on how to establish the nature of the pathology. Sensible case histories are used liberally to illustrate the problems. Part 2 discusses common neurological conditions and part 3 addresses symptomatic presentations.

This is an extremely well written book which takes a practical approach to a subject which many beginning find daunting. The case histories are particularly helpful in focusing a problem, both for the inexperienced clinician and even for a trained neurologist. It will be of value to trainees for the MRCP examination and beyond, and will also provide useful diagnostic tips for their seniors.

R ABBOTT
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BOOKS RECEIVED

The receipt of these books is acknowledged and this listing must be regarded as sufficient return for the courtesy of the sender. Books that appear to be of particular interest will be reviewed, space permitted. The journal does not publish unsolicited reviews.


DIARY

Techniques and Applications of Molecular Biology: A Course for Medical Practitioners

9–12 July 2001, University of Warwick, Coventry

This is a four day residential course for those in the medical profession wishing to improve their understanding of the principles and applications of genetic engineering techniques. Further information: Dr Charlotte West, Department of Biological Sciences, University of Warwick, Coventry CV4 7AL (tel 024 7652 3540, fax 024 7652 3701, email charlotte.West@warwick.ac.uk).

Ninth Annual Pediatric Update

20–21 July 2001, Lucile Packard Children's Hospital, Palo Alto, California

This conference is presented by the Department of Pediatrics at Stanford University School of Medicine and Lucile Packard Children's Hospital. It is designed for paediatricians, family physicians, nurses, and allied health professionals and will highlight the most recent advances and issues in paediatrics. Further information: Lucile Packard Children's Hospital CME Office at +1 650 497 8554 or email lphpcme@medcenter.stanford.edu.