



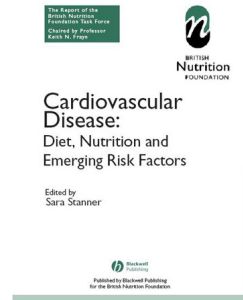
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## Book Reviews: Pre-clinical Science

- **Cardiovascular Disease**

Sara Stanner

Reviewer: Adeel Iqbal  
4<sup>th</sup> Year Medical Student  
Imperial College, London

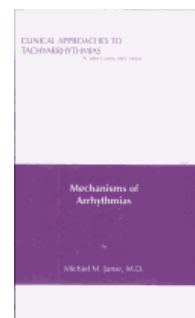


This important and timely book comprises the comprehensive and authoritative independent report of the British Nutrition Foundation Task Force on the link between emerging aspects of diet and cardiovascular disease, a major cause of early death and disability. Written by leading experts in the area, *Cardiovascular Disease: Diet, Nutrition and Emerging Risk Factors* looks further than the well recognised factors such as high blood cholesterol and smoking to identify and explore more subtle markers of risk. Chapters include coverage of novel lipid factors, vascular function, clotting factors, inflammatory factors, oxidative stress and homocysteine and early origins of adult disease. The impact of obesity, insulin resistance, genetic predisposition and factors related to adipose tissue are also addressed. Dieticians, nutritionists, general and family practitioners, cardiologists, cardiovascular specialists, community nurses, personnel in the food industry involved in product formulation, production, labelling of packaging and marketing will find this a valuable reference. It can also be used by BSc students studying cardiovascular or endocrinology BSc.

- **Mechanisms of Arrhythmias**

Michiel Janse

Reviewer: Adeel Iqbal  
4<sup>th</sup> Year Medical Student  
Imperial College, London



The aim of the *Clinical Approaches to Tachyarrhythmias* series is to update the physician, cardiologist, and all those responsible for the care of patients with cardiac arrhythmias. *Mechanisms of Arrhythmias* provides the information the physician needs to recognize the mechanisms of a particular clinical arrhythmia. In a clear, readable manner, the author explores the complicated circumstances of transmembrane ion flux, impaired conduction, disturbed repolarization, and the generation of abnormal cardiac impulses. Without knowledge of the target of arrhythmia treatment, the therapy cannot be aimed in the right direction. The key to successful treatment is an understanding of the mechanism of the arrhythmia. Knowing, for example, that conduction through the right bundle branch block is a critical component of bundle branch reentrant tachycardia identifies an easy target for ablation therapy. The book is well laid out and easy to follow. I recommend it for students of Cardiovascular BSc or those on a medical cardiology firm.

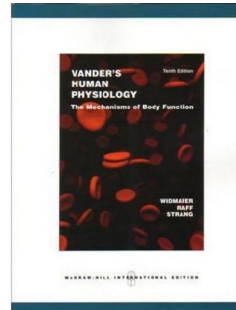


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- **Vander's Human Physiology: The Mechanisms of Body Function**

Eric Widmaier, Hershel Raff, et al

Reviewer: Adeel Iqbal  
4<sup>th</sup> Year Medical Student  
Imperial College, London



At nearly £50, Vander's might seem a bit pricey for a physiology textbook, especially one which is such a flimsy paperback as this (with a distinctly uninspiring front cover). However, it would be wise not to judge this book by its cover. The book is well organised with a wealth of information. Speaking from the perspective of a medical student, this book covers everything under the topic of physiology you will need for the course. The greatest strength of this book is the diagrams, they are always helpful illustrations and a large number of flow diagrams - very useful indeed for understanding complex body systems and feedback loops. I find this most useful, being a very visual learner. The text is also well written.

We would welcome your book reviews under this subject area.  
Please email these as a MS Word file to [info@muslimdoctors.org](mailto:info@muslimdoctors.org).