

planning, conducting, and managing multiple (i.e., different) clinical studies.

In the five-section *Guide to Clinical Interpretation of Data*, the processes used in the clinical interpretation of data are described in the portion titled "Fundamental Principles, Considerations, and Techniques." In the next section, "Interpretation of Safety and Efficacy Data," specific factors are described in terms of how they may bias data as well as how such factors may be measured or controlled. The section titled "Interpretation of Data from Special Studies, Modalities, and Populations" discusses studies of surgery, geriatric, and radiation therapy patients, and many other groups in whom specific factors must be considered to interpret data adequately. The section dealing with "Issues and Problems of Interpretation" covers controversies that arise in many clinical studies, such as reconciling differences in interpretation for multiple studies. The final section, "Publishing Clinical Data and Evaluation of Published Literature," presents information about how to prepare articles for publication and how to evaluate articles published in the literature. Tables and checklists are used extensively throughout.

Although the topic is important and the book obviously is written by an experienced person, it does not meet its objectives entirely. Discussion of many topics lacks depth, although references are provided for the reader interested in more detail. However, the disjointed nature of the individual chapters and the somewhat unusual selection of specific topics makes one question the contribution this book makes over the original references. Although the heavy use of tables and checklists has the advantage of offering exhaustive information in a concise format, this reviewer found it quite tedious to examine the more than 100 tables.

In conclusion, *Guide to Clinical Interpretation of Data* highlights the important role of clinical interpretation in the evaluation of data, beyond purely statistical analysis. The numerous checklists provided to guide the researcher in the interpretation of data may be of assistance and suggest the book may be more useful as a reference than a general review.

*Guide to Planning and Managing Multiple Clinical Studies* continues the style established in the first two volumes by presenting numerous tables of possible interpretations, considerations, and factors to review, as well as a variety of checklists.

The first section presents steps and procedures for (a) choosing a project or drug for evaluation, (b) establishing goals, strategies, and approaches, and (c) designing the project with all of these factors in mind. Specific tech-

niques are presented to investigate efficacy and safety data obtained in multiple studies. Ethical issues involved in both single and multiple clinical studies are also discussed. The second section describes the planning, conduct, and management of nondrug studies such as those relating to surgery and medical devices, as well as factors pertaining to initiating and managing projects in many countries. The third section presents management techniques that include recommendations for academic or private physicians conducting several studies either simultaneously or sequentially. These techniques also apply to sponsors of studies, who often develop elaborate systems to allocate resources and plan and monitor clinical studies. Practical details and suggestions are presented to enable the investigator and staff, sponsors, and managers to monitor and review progress in multiple studies relating to drug development and other medical areas.

A wide variety of topics is discussed in this generally well-written and informative book. There is little redundancy of topics covered in the earlier volumes. Perhaps because of the breadth of coverage, however, the depth of discussion in some areas is not adequate, and at times, the reader is left with the impression that the author jumps from one topic to another. The discussion of the use of computers in managing clinical studies is an example.

Dr. Spilker provides an interesting perspective on issues rarely covered in other books. *Guide to Planning and Managing Multiple Clinical Studies* will appeal primarily to managers and administrators in the pharmaceutical industry and to others who desire a quick, nontechnical overview of issues involved in the pharmaceutical industry's planning and management of multiple clinical studies.

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## MULTIPLE SCLEROSIS: A GUIDE FOR PATIENTS AND THEIR FAMILIES

edited by Labe C. Scheinberg and Nancy J. Holland  
Raven Press

The title of this book aptly describes its intent. Labe Scheinberg, MD, and Nancy Holland, MA, RN, draw from their extensive clinical and academic background to create a well-balanced presentation of current knowledge about multiple sclerosis, including practical suggestions and discussion of issues of concern to patients and

families. The information is from several authors who are experts in their respective fields.

First published in 1983, this second edition includes new material, clear illustrations, and easy-to-read tables and graphs. The subject matter is well defined in the table of contents and indexed for faster reference.

After a basic introductory chapter by Dr. Scheinberg, epidemiology, genetics, pathophysiology, and diagnosis are thoroughly discussed. Subsequent chapters deal with important topics such as signs and symptoms, treatments, psychology, and social and vocational issues. One of the last chapters, titled "What About New Treatments?," includes a comprehensive table listing the rationale and status of approximately 20 medical and experimental therapies.

Although there is a strong focus on the medical management of multiple sclerosis, a multidisciplinary approach to the care of individual patients is also emphasized.

We frequently provide this book for patients we evaluate at our own comprehensive care center. The chapters do not need to be read in sequence and the reader can choose to read what is relevant to his or her own condition. Many of our patients and their families have reported that they learned a great deal from the book. We often use it at individual education sessions for the patient and family to clarify issues and focus on specific patient concerns relating to their personal experience with multiple sclerosis.

The text is interesting, easily understandable, and suitable as a guide for patients and their families, and is useful to any health care professional involved in the care of patients with multiple sclerosis.

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## HANDBOOK OF OPHTHALMOLOGY

by Thomas W. Gardner and David E. Shoch  
Appleton & Lange

The *Handbook of Ophthalmology* is a concise summary of both the basic concepts of ophthalmology and the up-to-date approach to ophthalmologic problems. It is a unique book that fulfills a unique need. It is neither a complete textbook nor a summary or a dictionary; rather, it is an outline designed for non-ophthalmologists and, in particular, medical students and house staff at various levels. However, first-year residents in oph-

thalmology would also be well advised to read it. In less than 300 pages the book covers basic areas of ophthalmology, symptomatology of eye disease, examination of the visual system, and disease management according to a "problem-oriented approach." The glossary at the end of the book should be useful to non-ophthalmologists seeking knowledge of some of the more esoteric terms ophthalmologists use.

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## LASER THERAPY OF THE ANTERIOR SEGMENT: A PRACTICAL APPROACH

by Louis Schwartz, George Speath, and Gary Brown  
Slack Incorporated

The authors of this text have had extensive experience with laser therapy at the renowned Wills Eye Hospital. The book provides an excellent broad, basic coverage of the current status of laser treatment for the anterior segment of the eye and would be of considerable value to the resident in ophthalmology, the general ophthalmologist, and the ophthalmologist specializing in glaucoma and other anterior segment disorders. The non-ophthalmologist wishing to better understand some of the uses of laser in ophthalmology would also find this text useful.

The current major uses of both the argon and the neodymium-YAG laser are covered well. Specifically, there are chapters on iridectomy, argon laser trabeculoplasty, laser capsulotomy, intravitreal laser surgery, and other miscellaneous argon laser treatments. In addition to the "how" of laser therapy, there is excellent detailed coverage of the indications, contraindications, complications, and risks and benefits of laser use.

An understanding of the relevant anatomy and gonioscopic findings of the anterior segment of the eye is crucial to appropriate laser therapy, and the authors provide a good general overview of these aspects early in the text. Throughout the text, the authors plead for caution and conservatism in the use of lasers by ophthalmologists. While acknowledging that laser therapy may someday replace other types of medical therapy for glaucoma, the authors advocate laser use only after other therapies have been tried. The authors offer personal recommendations for pre- or post-laser medical therapy and inform the reader when such therapy has not been proven clinically beneficial.

As stated in the preface, the authors' major purpose