

Book Reviews

Genetic Disease: The Unwanted Inheritance

J. RAINER, S. RUBIN, M. BARTALOS, J. MAI. 221pp. **Price:** N/A. **Publisher:** The Haworth Press, Inc. **Date of Publication:** 1989. **Place of Publication:** UK. **ISBN:** 0-86656-953-7.

I read through most chapters, and I found the book to be well written, with easy to digest information about genetic diseases. Great emphasis was put on the psychological aspects of genetic disease throughout this book which, is an important area and is rarely dealt with within our clinical practice. The weak points in this book include many chapters without references. It was edited in 1989 which limits its value considering the huge progress in genetic diseases. The aim of the book was not actually clear. It was not also clearly specified to which this book caters. Is it for patients, students, physicians or psychiatrists? Overall, I think I recommend this book to patients, students, physicians and psychiatrists.

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The Ketogenic Diet: A Treatment For Epilepsy, 3rd edition

JOHN M. FREEMAN, JENNIFER B. FREEMAN, MILLICENT T. KELLY. 236pp. **Price:** \$24.95. **Publisher:** Demos Medical Publishing. **Date of Publication:** 2000. **Place of Publication:** USA. **ISBN:** 1-888799-39-0

The Ketogenic Diet: A Treatment For Epilepsy is the revised and updated 3rd edition of the previously published first and 2nd editions of, The Epilepsy Diet Treatment, by the authors with new information of the role of the ketogenic diet for the treatment of

Epilepsy. Epilepsy is the most common neurological disorder at the 2 extremes of life, affecting 1% of the childhood population. Seventy-five percent of the children with epilepsy are well controlled with medical treatment and have a good prognosis with regard to the long term outcome. There are about 20% of children with drug resistant epilepsy and it is in this group the authors have dwelled on the role of ketogenic diet as an alternative therapeutic option. The book has been written primarily about the diet as administered to young children with rigid and stringently controlled doctrine of ketogenic diet, high in fat and low in carbohydrate and protein, and strictly restricting calories and liquid intake. The authors claim that ketogenic diet, though difficult, if properly carried out remains more effective than any of the new anticonvulsant medications, in those children with difficult to control seizures. The data presented by the authors of the 400 children on the diet at John Hopkins from 1994 through to 1999 is very impressive in terms of seizure control and quality of life. Twenty-seven percent had their seizures virtually controlled and 50% had better than 50% decrease in their seizures and 7% were entirely seizure free one year after starting the ketogenic diet.

The book contains comprehensive facts about the ketogenic diet, numerous quotes from parents showing their experiences and many tested sample recipes. The book is highly recommended for physicians who are dealing with epileptic patients particularly in the pediatric age group. Any consideration given to institute the ketogenic diet must recognize the limitations and restriction it imposes on the parents and role of the dietician and physician supervision for its success. In that context the book is highly recommended to dieticians and parents who may embark on the path of the ketogenic diet for drug resistant seizures. Its role in adolescents and adults is not yet established.

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