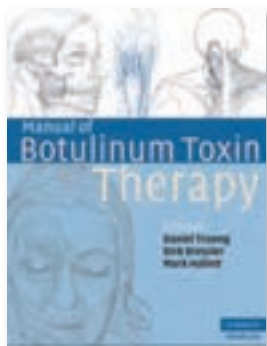


Manual of Botulinum Toxin Therapy



Authors: Truong D, Dressler D, Hallett M (eds).
Published by: Cambridge University Press, 2009
Price: £42.75
ISBN: 9780521694421

Reviewed by:
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If you would like to review books for ACNR, please contact Andrew Lamer, Book Review Editor, c/o rachael@acnr.com

Around twelve years ago the late (and great) Professor Marsden was warming up the audience at a sponsored meeting on botulinum toxin treatment. I'd graduated from seeing one and doing one to teaching one and attending conferences and in those days in the UK that was about as expert as you needed to be. He asked "How many of the audience inject at multiple sites in each muscle for spasmodic torticollis?" – the hands went up. "How many of you have any evidence for that?" The hands went down. "How many of you use EMG guided injections?" The hands went up again. "How many of you have any evidence for that?" The hands went down. Since then I've been injecting botulinum toxin in my own way waiting for the definitive evidence and the definitive guide, whilst the uses and the experts have multiplied. So does the average UK neurologist need a manual? We know botulinum works, usually. We know almost anyone can be taught to do it safely and effectively, usually. After reading and sharing this book with colleagues I am persuaded that the answer is yes. It doesn't give all the answers and it almost certainly doesn't describe all the applications out there (some very much out there) but it is a pretty good manual. It covers, as comprehensively as current evidence permits, the treatment of at least 45 different conditions, and that's counting headache and spasticity as one each.

There is some general information on the history, development, production and testing of each available toxin (though not, thankfully, on its military efficacy), and then chapters considering groups of applications. There are some paragraphs on the conditions, the differ-

ential diagnoses and appropriate tests. The emphasis is on lots of tests, with seemingly little concern for cost or false positives (do spasmodic torticollis patients really need an MRI of the cervical spine?). Maybe the credit crunch will see to that. The text describes, with the help of easy to follow illustrations, where to inject and doses are given in all the different currencies. Where evidence is available it is cited. Not surprisingly the evidence is good for the earliest applications, and "it works because we say it does" for the recent ones. The evidence of efficacy is so good for the early uses that one meta-analysis even suggests we start looking closely at the technical aspects instead; Marsden was obviously ahead of his time.

The book does not have a UK perspective and I found myself wondering whether the authors, with their multiple tests and EMGs, would survive in a ten minute each, thirty-five patient solo UK botulinum toxin clinic, and whether their patients are any better off than mine. There is an occasional nod to cost-effectiveness but nothing about the costs of setting up a service or how to negotiate with commissioners. But maybe that is to expect too much from a world-wide (well, first world) manual. Certainly the chapters speak from a position of great expertise and no other manual is needed to gain the appropriate knowledge. It was a little alarming to find that I've obviously been doing it rather badly for some time, albeit without too many complaints. But it's OK; when the GMC does call me in, this book (at a bargain and cost-effective price of £42.75) will also give me the essential guide to treating "crows' feet" and "bunny lines". ♦

Restless Legs Syndrome



Restless Legs Syndrome
Authors: Hening WA, Allen RP, Chokroverty S, Earley CJ (eds).
Published by: Saunders Elsevier, 2009
Price: £64.99
ISBN: 9780750675185



Restless Legs Syndrome
Authors: Chaudhuri KR, Ferini-Strambi L, Rye D (eds).
Published by: Oxford University Press, 2009
Price: £5.99
ISBN: 9780199234882

Both reviewed by:
 AJ Lamer, Cognitive Function Clinic, WCNN, Liverpool, UK.

One of the first books I ever reviewed was on the subject of restless legs syndrome (RLS), but this was subordinate to discussions of akathisia induced by neuroleptic medications (JNNP 1996;60:595). It perhaps says much for the advances in the field of RLS that two books devoted in their entirety to the condition have recently been published, notwithstanding the fact that the first clinical description dates to Thomas Willis in the late 1600s (curiously, both books reviewed here ascribe a knighthood to Willis, which was news to me). Since the prevalence of RLS may be somewhere between 5-10%, it is the business of every neurologist, albeit that only a small proportion of these individuals reach medical attention. The largely subjective nature of the symptoms (although periodic leg movement disorder may be a motor sign of RLS, with high sensitivity

but low specificity) and the difficulty in producing an animal model may have contributed to the delay in RLS achieving widespread medical attention.

Hening et al. aspires to be the definitive textbook on RLS, and has the multi-author credentials and high production values to be so. There is some repetition, but this is an inevitable consequence of the in-depth coverage of both scientific and clinical aspects. The delineation of dopaminergic diencephalospinal pathways and the physiology of brain iron metabolism may not be easy reading for some clinicians, but the relevance becomes clear in the management sections of the book which are particularly thorough, likewise the comorbidities section. I would have liked to read more about the link, if any, with migraine, and also the nature of the cognitive deficits which may accompany RLS (it

may present de novo to memory clinics) probably related to sleep disturbance. Aficianados will certainly want this book, price notwithstanding.

Chaudhuri et al is a more modest affair, handily portable in a jacket pocket, but with relatively broad coverage of the topic: symptoms, epidemiology, differential diagnosis, treatment. Copy editing and/or proof reading seems to have been kept to a minimum: how else to explain (p4) the statement to the effect that a 1923 publication consolidated another document published in 1945? The "secondary RLS" chapter overlaps with the (same author's) chapter on RLS in neurological disorders in the Hening book. Nonetheless, this book represents good value for money (as previously noted for books in the various Oxford Library series; ACNR 2007;7(4):28). ♦