

within the chapters. A few epochs of common polysomnographic findings are shown in Appendix C, but incorporating more figures in the body of the text would be more effective and helpful.

In summary, **Sleep Medicine: Essentials and Review** is an extremely well written textbook covering all major aspects of sleep disorders in an easy-to-use and accessible manner. It is ideally suited for use in the busy clinics of primary-care providers and medical specialists, and is an excellent source for all health and respiratory care providers who are interested in learning more about sleep medicine.

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Lung Cancer, 3rd edition. Jack A Roth MD, James D Cox MD, and Waun Ki Hong MD DMSc. Malden, Massachusetts: Wiley-Blackwell. 2008. Hard cover, illustrated, 480 pages, \$179.95.

The modern medical textbook editor faces a special challenge in attempting to comprehensively describe the current science and therapy of lung cancer. For several decades medicine has made incremental improvements in patient care while outcomes (survival) have remained dismal. We now find ourselves on the threshold of new scientific advances with the promise of dramatic improvements in the care of patients with lung cancer. The editors and contributors of **Lung Cancer**, 3rd edition, have succeeded in creating, as they intended, a concise yet thorough review of the field, which will prove very useful to clinicians providing multidisciplinary lung cancer care. The editors represent the 3 major disciplines of thoracic oncology (thoracic surgery, radiation oncology, and medical oncology), and this provides the book with a helpful balance. The editors also reveal their

bias about the future in the book's preface: "We are optimistic that progress will continue at a rapid pace and that deaths from lung cancer will continue to decrease."

The text contains 28 chapters, appropriately beginning with "Smoking Cessation" and ending with "Natural Agents for Chemoprevention of Lung Cancer." Each chapter has a consistent format, with an introductory paragraph, a succinct description of clinical standards, a discussion of new science (particularly useful), and conclusions. The reference lists are excellent and current. The tables and figures use consistent graphics and are clear and to the point. In the center of the book are high-quality color plates showing common and unusual (eg, fetal adenocarcinoma) histopathology, as well as illustrations supporting new treatment technologies such as intensity modulated radiation therapy.

Several chapters stand out as particularly well written and relevant. "The Molecular Genetics of Lung Cancer" takes the reader from the beginnings of our understanding of cancer genetics to current research on mutations in the tyrosine kinase domain of the endothelial growth factor receptor. "The Role of Mediastinoscopy in the Staging of Nonsmall Cell Lung Cancer" clearly describes the role and technique for this standard surgical procedure, including a comparison with other staging options, such as endoscopic and endobronchial ultrasound. "Targeted Genetic Therapy for Lung Cancer" provides a review of treatment options, such as p53 tumor suppressor gene replacement, with a nice discussion of the relationship between genetic therapy and conventional chemotherapy and radiation therapy.

Are there features of the book that are less useful? I do not detect any important content deficits. Chapters devoted to an overview of lung cancer management, the appropriate use of clinical guidelines, and current practice in palliative care might have been useful for most clinicians, but I suspect their absence is intentional and this does not diminish the value of the book.

This text will be useful for clinicians of all backgrounds, and is particularly well suited to inform lung cancer care in the multidisciplinary setting. In an era of ready access to electronic media and encyclopedic textbooks, this concise volume is remarkably complete in fewer than 500 pages. Perhaps it is most useful in providing a solid foundation of clinical science as a framework for the integration of new knowledge.

In a clinical realm where scientific discovery moves faster than our educational models, this is particularly helpful.

Undoubtedly, sections of **Lung Cancer** will soon be dated. Rather than dwell on this inevitability, we should look forward to the 4th edition.

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Sleep Medicine. Harold R Smith, Cynthia L Comella, and Birgit Högl, editors. Cambridge, United Kingdom: Cambridge University Press. 2008. Soft cover, 270 pages, \$70.

Sleep disorders have a profound impact on individuals, leading to diminished quality of life, poor daytime functioning, as well as substantial medical costs. Although we spend about one third of our lives sleeping, our understanding of sleep disorders has lagged behind most other medical disciplines. There has been an explosion of interest and understanding of sleep disorders in the past 25 years, and anyone working with patients has been aware that clinical sleep disorders are rampant. Surveys have documented that during a typical year more than 40% of adults experience a sleep problem. Common and well known sleep problems include insomnia, sleep apnea, and excessive daytime sleepiness, but the recent American Academy of Sleep Medicine's International Classification of Sleep Disorders (ICSD-2–2005) includes 70 disorders of sleep in 8 broad categories. As a physician who sees patients with sleep problems, most of my social encounters lead to someone mentioning a concern or question about their own sleep or a sleep problem experienced by a loved one.

In this book, Smith and his co-editors address the wide range of sleep disorders. The book is intended for neurologists, psychiatrists, psychologists, pulmonologists, and internists, as well as health-care professionals in training. The book consists of an introduction and 14 chapters divided into 3 main sections: "Normal Sleep," "Sleep Disorders," and "Sleep in Specialty Areas." There are 28 authors: 16 from the United States, 7 from Germany, 2 each from Canada and Italy, and 1 from France. Most are well recognized international experts in their sleep area of interest, and the quality of the

Lung cancer begins when abnormal cells grow and multiply in an uncontrolled way in one or both of the lungs. Cancer that starts in the lungs is known as primary lung cancer. It can spread to other parts of the body such as the lymph nodes, brain, adrenal glands, liver and bones. When cancer starts in another part of the body and spreads to the lungs, it is called secondary or metastatic cancer in the lung. This information is about primary lung cancer only. Cancer care pathways. Lung cancer, also known as lung carcinoma, is a malignant lung tumor characterized by uncontrolled cell growth in tissues of the lung. This growth can spread beyond the lung by the process of metastasis into nearby tissue or other parts of the body. Most cancers that start in the lung, known as primary lung cancers, are carcinomas. The two main types are small-cell lung carcinoma (SCLC) and non-small-cell lung carcinoma (NSCLC). The most common symptoms are coughing (including coughing up blood) Lung cancer is a type of cancer that begins in the lungs. Your lungs are two spongy organs in your chest that take in oxygen when you inhale and release carbon dioxide when you exhale. Lung cancer is the leading cause of cancer deaths worldwide. People who smoke have the greatest risk of lung cancer, though lung cancer can also occur in people who have never smoked. The risk of lung cancer increases with the length of time and number of cigarettes you've smoked. NCCN Lung Cancer Screening Panel Members Summary of Guidelines Updates Risk Assessment (LCS-1) Screening Findings (LCS-2) Solid Nodule on Initial Screening LDCT^Â Low-Dose Computed Tomography Acquisition, Storage, Interpretation, and Nodule Reporting (LCS-A) Risks/Benefits of Lung Cancer Screening (LCS-B). The NCCN Guidelines^Â are a statement of evidence and consensus of the authors regarding their views of currently accepted approaches to treatment. Get an overview of lung cancer and the latest key statistics in the US.Â Whether you or someone you love has cancer, knowing what to expect can help you cope. From basic information about cancer and its causes to in-depth information on specific cancer types â€“ including risk factors, early detection, diagnosis, and treatment options â€“ youTM find it here. Explore Cancer A-Z. Breast Cancer. Colon and Rectal Cancer.