

Book Review

MULTIPLE SCLEROSIS 3

Edited by Claudia F. Luchinetti and Reinhard Hohlfeld, 463 pp., Saunders Elsevier, 2010, \$228

Multiple Sclerosis 3 is the latest addition in the *Blue Books of Neurology* collection and is mainly directed to the practicing neurologist and the neurology resident. This book is authored by an international panel of neurologists, neuropathologists, and neuroscientists, leaders in their respective fields. The goal of presenting a comprehensive, clinically relevant, and up-to-date summary on multiple sclerosis (MS) and related demyelinating disorders is largely achieved.

The book is divided into 21 chapters; each chapter is written in an enjoyable and easy-to-read format with multiple illustrations and tables that enhance the content. The size makes it possible to read cover to cover in a short period of time. *Multiple Sclerosis 3* starts with a detailed review of the clinical features, natural history, epidemiology, diagnostic criteria, gender differences, and advances in imaging techniques; then it dedicates several chapters to other related demyelinating diseases (clinically isolated syndromes, neuromyelitis optica, acute disseminated encephalomyelitis, and transverse myelitis) and pediatric MS. Each of these chapters reviews the latest information regarding the clinical presentation and therapy.

The treatment of MS in all of its clinical presentations is discussed over the next 5 chapters. The biological basis and evidence for each therapy is reviewed in depth: acute attacks, disease-modifying

treatment, and aggressive MS management. Unfortunately, *Multiple Sclerosis 3* lacks the current revision to the McDonald diagnostic criteria and the most recent Food and Drug Administration–approved treatment (fingolimod), probably because some chapters were written before 2010.

It is important to mention that a complete chapter was dedicated to complementary and alternative medicine therapies in MS. This chapter was written using the highest quality evidence available and classifies therapies as possibly beneficial, neutral, or harmful to patients. Complementary and alternative medicine is frequently ignored by physicians but extremely relevant in today's clinical practice as a growing number of patients adopt these therapies.

The final chapters in the book are a provocative discussion on neuronal degeneration, axonal loss, and neuroprotection that gives the reader an idea where MS research is headed and what to expect in the near future.

I enjoyed reading this book; it is a comprehensive, yet manageable review of current knowledge in MS. At the end the reader should be comfortable and ready to manage the challenges in diagnosis and treatment of MS.

Multiple Sclerosis 3 is a must-have for the practicing neurologist, neurology resident, and anyone involved in the care of patients with MS.

Reviewed by Marco A. Gonzalez-Castellon, MD

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