

Opinions on recent titles

Szarewski A, Guillebaud J. **Contraception: A users guide.** 3rd Edition. Oxford: Oxford University Press, 2001. ISBN: 0-19-263256-6. Cost: £9.99.

This book is aimed at contraceptive users. It is up to date, detailed and clear. The style is very readable and informative. This book would certainly assist readers in choosing the most appropriate contraceptive methods for their individual circumstances.

About a quarter of the book is about the combined contraceptive pill. There is detailed advice about what to do about missed pills. There is a chapter called ‘Which pill will suit me best?’. The 1995 ‘pill scare’ is explained. The remaining chapters detail the other contraceptive methods.

I would most definitely recommend this book to clients. I would also recommend it to clinicians requiring an update of available contraceptive methods.

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Chambers R, Wakely G, Chambers S. **Tackling teenage pregnancy: Sex culture and needs.** Radcliffe Medical Press. ISBN: 1-85775-497-2*

The book was written to provide guidance to health professionals about the issues of teenage sexual health. It is stated that the book builds on the basic principles of listening to young people, joining up services and professionals, and not repeating mistakes of the past, in providing teenagers with the opportunity to make informed choices. The early chapters have interesting comments from the teenage contributors, but this seems to peter out in the later chapters. It would have been useful to have comments, for example, from disadvantaged teenagers. The chapter concerning contraceptive methods gives a basic outline of methods, but excludes the IUS. The IUS is mentioned later in the book under a section concerning teenagers in disadvantaged circumstances. There is mention of keeping up-to-date with contraception options, but no information of suitable training courses for health professionals. Overall this is a book for those needing to give sexual health advice in their work with teenagers. However, it gives only a superficial overview for those whose career is in the sexual health services.

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