

BOOK REVIEW

Contraception Made Easy

Laura Percy, Diana Mansour. Banbury, UK: Scion Publishing Ltd, 2015. ISBN-13: 978-1-907-90430-1. Price: £18.99. Pages: 176 (paperback)

This book aims to provide a concise yet comprehensive overview of contraceptive methods, and issues related to their use. The authors have succeeded in this aim, producing a very readable book, which can equally be read as a whole or in sections without losing the context. Indeed, its structure is particularly well suited to use as a practical reference text as it is mostly in note form, supported by a series of treatment algorithms and many tables.

The day-to-day aspects of clinical management of contraception are all addressed clearly. I thought that the

chapters on combined oral contraceptives and emergency contraception were particularly good, and the chapter providing an overview of sexually transmitted infections and their management highlighted an important but potentially overlooked element of a contraceptive consultation. Other particularly useful features of the book are the 'starting regimens' and 'myths and misconceptions' sections included for each method, which provide clear guidance on treatment initiation and robust discussion on common misapprehensions about contraception. The book includes a useful decision tree on which to base an initial consultation.

The authors are based in the UK, and the Faculty of Sexual & Reproductive Healthcare guidelines and UK Medical Eligibility criteria are referred to throughout, and so this book is particularly relevant to services delivered in resource-rich settings.

The book will be useful to readers looking for a volume on which to base their initial learning, as well as those wanting to structure and consolidate their clinical experience. I think it will be appropriate for anyone working clinically in sexual or reproductive health, particularly for specialist nurses, junior doctors in SRH or genitourinary medicine, or those in general practice.

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