book reviews


Ambulatory Gynaecology or ‘see and treat clinic’ or office gynaecology or one-stop clinics: the names are many but the objective is the same – to minimise delay in diagnosis and improve early management of both benign and malignant gynaecological conditions and patient satisfaction and take the National Health Service (NHS) into the 21st century. Interestingly, this book addresses the many questions that are asked about ‘ambulatory gynaecology’. How do you start a unit? How can you offer patients maximum satisfaction with fewer hospital visits? How and where should staff be trained? Can you practise this abroad?

This is a clearly written, introductory book targeting a UK NHS-based readership but can be easily modified to suit an international clientele depending on available resources. The book provides tips on application, availability and access to office gynaecology and contains useful websites on information and training. It is evidence-based and has up-to-date references and appendices towards the end of each chapter providing a basis for further reading. Written in a lucid language, it has many flow charts, algorithms, scan images and photographs, giving the reader useful and retainable information.

The book has nine chapters, of which the first is an introduction about the NHS framework and the need for change, i.e. NHS Plan and pressure on training needs in the background of improving outpatient gynaecology.

The second chapter on anaesthetics and analgesics provides insight into a topic rarely discussed in gynaecology textbooks. It provides practical tips for patient selection, equipment necessary, and a particular reference is made to local anaesthesia, which is often used in outpatient settings.

Chapter 3 introduces colposcopy services while Chapter 4 on abnormal uterine bleeding is comprehensive with information on national algorithms, training websites and college programmes. This leads very nicely to Chapter 5 on endometrial aetiology with second-generation techniques and equipment, which can be easily applied in the outpatient setting. Interestingly, there is a debate that can be used as a guide for the introduction of such service in the outpatient department, theatres or wards.

Chapter 6 on gynaecological and uro-gynaecological infertility while Chapter 8 deals with early pregnancy and emergency gynaecology. Chapter 9 is particularly interesting because of the development of the pelvic ultrasound in the management of acute pelvic pain.

Overall, this book is ideal for general practitioners, specialist trainees, consultants, nurses, managers, and the college/hospital library. It would also be a useful tool for undergraduate and postgraduate examinations.

Reviewed by Thumuluru Kavitha Madhuri, DRCOG, DFGH
Clinical Fellow in Gynaecology, Royal Surrey County Hospital, Guildford, UK

and Sonia Chachan, MBBS, MRCPG
Senior House Officer, Department of Gynaecology, Royal Surrey County Hospital, Guildford, UK


Gynaecological problems of children and adolescents can often be challenging in terms of diagnosis and management. Some problems may not present often, and many of us feel inadequately prepared to deal with both the patient and concerned parent. Having found the first edition particularly useful and often referred back to it, I was looking forward to the second edition and I was not disappointed. Topics are dealt with sensitively, and with due consideration of social and emotional factors which contribute to both the presentation and management requirements.

The second edition is a clear, useful reminder about the stages of normal puberty, this concise book then manages to comprehensively cover the most frequently encountered problems for this period problems, vaginal discharge and primary and secondary amenorrhoea, while also describing less frequently encountered conditions such as indeterminate genitalia, endocrine and chromosomal disorders, female genital mutilation and gynaecological tumours.

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The topic of this book has been of interest to both the medical and non-medical world for hundreds of years. It has been described since the time of Hippocrates and remains an important subject today.

This book comprises 18 chapters of varying length, each written by different authors or co-authors. Some chapters I found extremely readable but others less so. It is not a book aimed at the layperson but I felt intended more as a reference book for medical professionals who are working in general practice, community gynaecology, sexual health or hospital gynaecology.

Reviewed by Heather Currie, DRCOG, MRCGP
Associate Specialist Gynaecologist and Obstetrician, Dunmow, UK


These two pocket-sized books are a delight to peruse for parents, therapists or couple counsellors, and for anyone who wishes to explore their own relationships. They provide fascinating insights and answers to many questions about what I ‘really’ do in my sex therapy sessions. For clients, because they inspire so much more than the often-dry instructions I give them and for therapists, because they tell us how clinical sex therapy can sometimes be without giving them something that will benefit their love life too!

The Romantic Lover describes in detail a variety of ways in which couples can be romantic with each other and the emphasis is on developing and maintaining intimacy. Topics are explored there is reference to sadomasochism, sex toys and multiple partners. There are references to additional books and resources to help develop fantasies into reality if so desired. I will definitely recommend this book to clients who wish to explore the world of fantasy without feeling guilty about how ‘far’ they can or should go.

I would recommend both titles as an addition to a library that loans books to clients, for sex therapists or couple counsellors, and for anyone who wishes more romance and adventure in their love life.

Reviewed by Neelima Deshpande, MRCOG
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