

Bookshelf

Focused Reading

general, usually is left out of textbooks, so I especially appreciated the small section about consulting the patient before the exam.

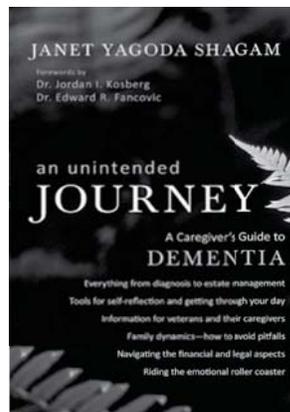
The book is smaller, thinner, and lighter than most textbooks, which makes for easy transport. The book's paper feels more substantial than that of other textbooks, which seems to eliminate "shine through" of the text and illustrations onto the other side of the page when one is closely examining the many fine illustrations throughout the book. The text does not include a CD or DVD nor access to online material, which many books of this type often provide.

The chapters are arranged so readers learn about the underlying disease processes before learning about the materials and methods. Subsequent chapters cover the benefits of consulting directly with the patient, patient prep, contrast media information and potential adverse reactions to contrast, and materials and methods before moving on to specific interventional procedures. The book concludes with a chapter about potential complications from these procedures and a few pages about documentation and postprocessing.

According to the copyright page, this textbook is "an authorized translation and update of the 1st German edition published and copyrighted 2011." I noticed no issues with the translation other than a few minor grammatical errors. The information was relayed in an easy-to-understand fashion and did not get overwhelmingly technical.

Overall, I highly recommend this book to colleagues wishing to enhance their knowledge of peripheral vascular intervention procedures without spending a great deal of time on fine details; however, the price is restrictive for the casual learner. The illustrations are helpful and enhance the book's written instruction quite well. Although the text was written for physicians, radiologic technologists, students, and even curious patients can benefit from reading this book.

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An Unintended Journey: A Caregiver's Guide to Dementia.
Shagam JY. 2013. 427 pgs.
Prometheus Books.
www.prometheusbooks.com. \$20.

Dementia is a terminal, progressive disease that gradually destroys the brain, strips away who a person is as an individual, and alters the lives of those who love and care for the person with the disease.

An Unintended Journey: A Caregiver's Guide to Dementia details everything caregivers and families need to know as they care for a loved one who has dementia. The information is detailed and thoroughly researched but does not read like a medical textbook. This is very much a personal story. Author and respected medical writer Janet Yagoda Shagam uses the story of her mother's slide into dementia to lead readers into facts, statistics, and strategies that will better prepare them for their own journeys as caregivers.

Shagam begins by introducing her mother, Dorothy, describing who she was before and after the onset of dementia. Each chapter starts with a snippet about where Dorothy is at various points in her illness then transitions into related information that can help the caregiver manage the challenges present at each point. For example, after describing Dorothy's hallucinations (eg, a long-dead relative showing up for tea), the author discusses the confabulations, hallucinations, and delusions that often go hand in hand with dementia, what causes them, and tactics for addressing them. She goes beyond surface declarations such as "incontinence could be a problem" to provide information about every aspect of the topic, from possible causes and foods that trigger incontinence to absorbent pads and cleaning up after an accident.

No guide is complete without a history and explanation of the illness. This book is no exception, but it goes beyond the basics by explaining the behavioral, emotional, medical, and legal challenges that can be expected at each stage of the disease, as well as testing

methods and new research. The book guides readers through every step of the progressive illness, including how-to information about topics such as power of attorney, guardianship, death certificates, funeral planning, executorship, and contacting Social Security and Medicare. The book goes into discussions about:

- Paid caregivers and how to choose one.
- Living facilities, including how to know when it's time to find one, how to choose one, and how to pay for it.
- End-of-life issues.
- The emotional aspects one might experience along the way, including changing family dynamics.

Radiologic science professionals likely will appreciate the section about the modalities used to confirm the diagnosis of dementia, which provides information about the behaviors they might see among dementia patients who come in for imaging. The book also will give professionals a better idea about what families and caregivers are experiencing.

The extras make the book even more useful. Worksheets and Q & As follow each chapter, providing more details about each topic. Pages of support services and online resources for the patient and the caregiver are helpful, and the glossary, index, and references sections make the information easily accessible. If that were not enough, there is also a section featuring true stories from people about their journeys with a loved one through dementia.

The blueberry muffins that Shagam's mother used to make appear as a theme throughout the book, from a discussion about how the smell of patients' favorite foods can be comforting in their last days to an anecdote about how everyone in the family wanted a copy of Dorothy's recipe when it was time to divide her possessions. The example not only helped describe who Dorothy was but also came to represent a way the family could remember the mother, the grandmother, the aunt — the person they loved. The author even includes Dorothy's recipe in the last chapter, proving once again that this guide, while as concise and comprehensive as a medical textbook, is also as warm and poignant as a personal narrative.

An Unintended Journey should be standard reading for anyone who wants to better understand dementia and how it affects the lives it touches.

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▶ Click here in the online version of this issue or visit www.asrt.org/store to find author Janet Yagoda Shagam's Directed Reading Classics "The Many Faces of Dementia" and "Unlocking the Secrets of Parkinson Disease."