

Manual of Travel Medicine and Health

**Robert Steffen, Herbert L. DuPont,
and Annelies Wilder-Smith**

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Although the field of travel medicine is relatively young, the number of textbooks about the field is growing. This international trio of authors from Switzerland, the United States, and Singapore, recently published the second edition of their textbook, which adds new chapters and updates epidemiologic information. Because of the complexity of travel medicine, good resources for clinicians and travelers are needed. This edition represents a welcome addition to the library of travel medicine.

The main audience for this textbook is travel medicine physicians. Like the first edition, it is designed to be a reference book. Although small enough to fit in a pocket of a white coat, this paperback is very readable and comes with an easy-to-use CD.

Part 1 of the book, Basics, provides an overview of general topics for physicians to discuss with their traveling patients. The authors encourage a comprehensive strategy, one that discusses prevention measures such as vaccines and their appropriate uses. Appendix C is an excellent table that lists the required and recommended vaccinations for each country. The text also provides excellent information for travelers in varied situations, such as pilgrims to the Hajj, migrants, pregnant women, international adoptees, athletes, and persons who are immunocompromised.

In addition to providing current information on immunizations, the authors provide thorough information on malaria, including some individual country maps displaying areas of risk. Although the malaria review is comprehensive, caution should be exercised when deciding not to provide prophylaxis for travelers to a country where malaria is endemic.

Part 2, Infectious Health Risks and Their Prevention, is the familiar chronicle of travel-related infectious diseases. This section includes numerous maps and tables describing the epidemiology of the diseases. The authors have updated this part by adding several diseases, including severe acute respiratory syndrome.

The book provides pertinent information on travelers' medical kits, water disinfection, and noninfectious health risks such as high altitude, arctic travel, diving, jet lag, and ultraviolet radiation. New for this edition are informative chapters on deep vein thrombosis and pulmonary embolism and in-flight accidents.

Another strength of this work is the section on posttravel medical treatment. This chapter presents concise guidelines for the clinician who is treating posttravel patients (with diarrhea, fever, malaria, dermatologic disorders, eosinophilia, sexually transmitted diseases) or screening expatriates after prolonged stays in tropical regions. A particularly useful feature is the dosing recommendations, many of which are for infrequently used drugs.

In conclusion, the Manual of Travel Medicine and Health, Second Edition, should be a useful textbook for travel medicine physicians and those in training who want to learn more about the field. While the traditional topics are covered in customary detail, the strength of the book is its comprehensiveness and portability, providing a convenient reference.

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The Vaccine Book

Barry R. Bloom and Paul-Henri Lambert

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UK £37.50**

Few fields in medical science involve as wide a range of specialties and expertise as vaccinology. It encompasses the research, development, and manufacturing processes of vaccines, their incorporation into immunization programs, and the logistic and clinical aspects of their use. Commissioning experts to write chapters with a minimum of jargon, minutiae, and redundancy, for a book with a target audience of immunologists, microbiologists, clinical trial specialists, epidemiologists, economists, policy-setting public health officials, and practitioners who administer the resulting products and provide follow-up care, is challenging. But the experienced editors of this book have achieved this goal. Dr.

Bloom was previously a *Mycobacterium* immunologist at the Albert Einstein School of Medicine and is now dean of the Harvard School of Public Health. Dr. Lambert is a vaccine immunologist at the University of Geneva.

The Vaccine Book first covers the impact of disease, including chapters on vaccine economics and finance policy, and the potential for widespread vaccination to change the epidemiology of the target disease. One example is the herd effect of childhood rubella vaccination, which postpones infection in nonimmunized women into their childbearing years. The next section reviews the immune system, and here lies the book's greatest disappointment. Its chapter on basic immunology is confusing and presumes familiarity with terms and concepts without antecedent explanation. It lacks a logical flow in describing what is yet known of the (infinitely?) complex immune system and its many "up-" and "down-regulating" feedback loops. Readers hoping for a chapter-length "Immunology 101" course would be advised to turn elsewhere (1,2).

The phased stages of clinical trials are covered in excellent chapters by accomplished authors with practical insights. Another section shows how knowledge of microbial pathogenesis

can affect vaccine design, including Rolf Zinkernagel's well-written chapter on immunologic memory. Another chapter on parasite pathogenesis, however, delves too deeply into the immunity of *Leishmania* as a case study.

Stanley Plotkin's thoughtful overview of the 11 disease-specific chapters annotates new vaccine technologies as well as current issues of debate, such as replacing the live oral polio vaccine worldwide with injectable, inactivated polio vaccine once the eradication program breaks the chain of wild-virus circulation, to avoid reverse mutations and resulting vaccine-associated paralysis. Plotkin also provides a comprehensive table of vaccine types currently available or in active clinical development.

Remaining sections of The Vaccine Book cover the ethics of research and use of vaccines, their safety and controversies, and their introduction into healthcare systems. The editors conclude with major future challenges, such as circumventing microbial escape, vaccines for chronic and autoimmune diseases, and maintaining public support of immunization in the face of antivaccine movements.

The breadth of vaccinology inevitably requires leaving out some topics. There is no chapter on measles

vaccines, used universally for a major cause of childhood death and disability. Manufacturing steps such as fermentation, purification, formulation, fill, and finish are not described. There is little on quality assurance and regulation, such as the investigational new drug application process and current good manufacturing practice, although good clinical practice is mentioned. Despite these gaps, compared to this field's authoritative encyclopedia (3), at three times The Vaccine Book's mass and four times its pages, this handy 1.1-kg compilation is a more comfortable read, indeed.

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