

## **BOOK REVIEW**

### **The Benign and Malignant Prostate**

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This book on the benign and malignant prostate forms part of a series entitled “Renal and Urologic Disorders”, published by Nova Science Publishers, New York. It addresses all issues relating to the prostate from its anatomy to the more recent advances in Robotic surgery. The authorship is mainly from the United Kingdom, some of whom, as the Editor mentions in the preface, are experts in these fields, but all of whom contributed on topics well known to them and in which they have a regular and daily clinical exposure. This book is aimed at all levels, but it would seem to me, mainly at those who are looking for knowledge on the subject above the level of a handbook but not quite as detailed as a high-end textbook. The Editor is targeting medical students, interns, residents, practicing physicians and family doctors.

I believe that this book will appeal to its target audience. It contains sufficient detail to enable the reader to proceed to other textbooks dealing with in-depth aspects of prostate diseases. I feel that the proposed readership list mentioned in the Preface will either be able to use it as a sufficient fount of knowledge to treat such patients with considerable confidence, or to use knowledge obtained as enough background with which to approach professional examinations with appropriate confidence.

The book begins with an easy-to-understand but detailed description of the anatomy of the prostate and its neural and blood supply, as well as a histological description. There is also a brief description of the pathophysiology of Benign Prostatic Hyperplasia. The other chapters on BPH have a practical approach which combines the latest ideas on diagnosis, investigation and treatment. The “benign section” ends with a user-friendly description of the difficult subject of prostatitis.

Much has been written in the academic literature on prostate cancer, but it is well covered here in about 160 pages. It would seem to me that most of the current controversies are addressed in a satisfactory and up-to-date manner, although with the rapid changes in the management of metastatic castration-resistant prostate cancer, the chapter dealing with this will change somewhat in the Second Edition of the book. Hopefully in the Second Edition also, the technical editing will be rather more thorough.

I think that my favourite chapter is the one towards the end of this book on training modalities for prostate procedures. This is very relevant to those readers of the book aimed for by the Editor in his preface. Even to an experienced practitioner such as myself, this chapter touched a chord. I would recommend this book to those for whom it is intended as a useful method of acquiring the knowledge required to treat patients with benign and malignant prostate diseases.

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