

BOOK REVIEW

Electroconvulsive Therapy (2nd Edition)

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This book is divided into twelve chapters, starting with a historical background of convulsive therapy from the use of camphor to the use of ECT machines. Another chapter discusses the efficacy of ECT either compared to drug therapy or to sham ECT. An interesting chapter discusses the prediction of response to ECT in different disorders using both clinical and biochemical parameters. A chapter reviews the physiological effect of ECT on different systems of the body and the natural changes that occur during the seizure. A whole chapter is devoted to ECT with the high risk patients and how to deal with them regarding drug therapy, the safest possible seizure, with the maximum therapeutic effect and the least complications.

One of Professor. Abram's main interests, the stimulus used in ECT, is discussed in a separate chapter comparing different wave forms, their indications and side effects. Another chapter discusses unilateral ECT and shows that if given properly it is equally effective to bilateral ECT with a low risk of side effects especially on cognitive functions. Professor Abrams dedicates a chapter in his book to how to give ECT starting by preparing the patient, drugs used, ECT itself up to caring of the patient after the seizure. The most controversial side effects of

ECT is discussed in chapter ten entitled "memory and cognitive functions after ECT", another chapter discusses the neurochemical correlates of ECT and reviews different theories trying to explain the mode of action of ECT in different disorders.

A very interesting chapter is the last one, discussing patient's attitudes towards ECT, legal and regulatory issues and problems facing doctors. He also gives different forms of consent and different laws regarding, ECT in various states in the United States. Professor Abrams used more than 1000 references in writing this book, thus enriching the content and giving a comprehensive coverage of ECT from all aspects. It is recommended that every psychiatrist working with ECT should read it carefully in order to give his patient the maximum therapeutic effect. It should also be present in the library of every psychiatric department as a source of comprehensive information regarding the topic of ECT.

(Okasha T.)