

## **Roy J. Shephard, Robert C. Cantu, Debbie Ehrmann Feldman, Catherine M. Jankowski, Paul Mccrory, David C. Nieman, Michael R. Pierrynowski, Thomas Rowland, and Ian Shrier: Year book of sports medicine 2008**

**Elsevier, Philadelphia, 2008, 300 pp; number Figures; 62.21 Euro, ISBN: 978-1-4160-5157-2**

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### General observations:

1. It is about a rather complete review of articles on various subjects of topicality coming from 50 newspapers of Sport Medicine;
2. The tackled subjects are related to health of the large sportsmen but also on the increasingly frequent diseases in our companies (diabetes, obesity, hyperlipidemia);
3. The various chapters are not addressed especially to the doctors of the sport but also to the cardiologists, to general practitioners, to orthopaedists, to nutritionists etc.

### Observations on the background:

1. The conclusions of each chapter give rather well an idea of the covered subject, and thus according to the interest of each, one can carry their choice to fly over the chapter or to read it in entirety to deepen it.
2. A point to note is that one devoted in almost all the articles a special attention to the women and the children.
3. After the introduction, one finds a summary on the state of “fitness” of the population on about thirty years devolution, a chapter which does not gather with the others; one has really the impression that the authors summarized 42 articles published since 1977, whereas the remainder of the book is based on articles published in 2007.

4. There are articles in certain chapters which deviate from until one waits within sight of the title of the chapter; thus, there is confusion between the chapter “cardiopulmonary physiology” and “cardiopulmonary disorders”.
5. One does not know by which skew the articles are selected; they are of any level: Level I, II, III, etc., randomized or not...

### Observations on the form:

1. After each article, one can read a new conclusion made by the authors of the book, printed of another way (other letter of printing works), synthesizing the important points of the article.
2. The bibliography sins by defect: certain articles are followed by references and others not.
3. The majority of the articles are structured according to the diagram: “background, purpose, methods, results and conclusions”, but there is a small number which does not follow this plan, and one is a little disturbed.

Total conclusion: Interesting and deserves to be republished the next year!

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