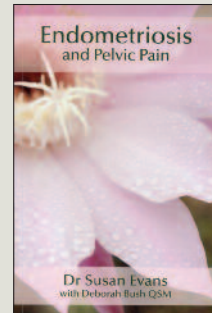


ENDOMETRIOSIS AND PELVIC PAIN

By Dr Susan Evans with Ms Deborah Bush. Second edition. Published by Susan F. Evans Pty Ltd, Adelaide, 2011. Soft cover, 250 pages, plus index. Available by order through bookshops or online from www.drsusanevans.com (RRP \$25.00, plus p&h); Mandarin edition also available (RRP\$20.00, plus p&h). ISBN-13 9780646513584

In this book, Dr Susan Evans and Ms Deborah Bush have provided a comprehensive update on our understanding of endometriosis and debilitating pelvic pain. The authors acknowledge that women with endometriosis suffer considerably. The book validates the experience of sufferers and it will be an 'eye-opener' for their family, friends and workmates.



Endometriosis and Pelvic Pain is presented in a format suitable for the majority of women and men in our community. Each characteristic of the condition is discussed independently and in relation to overall wellbeing. Patients will have their most awkward or discomfiting questions answered. They are also prompted with questions to ask their doctor to increase understanding of their own situation. Chapters on nutrition, exercise and other lifestyle choices empower women to take a holistic approach to managing their condition. The authors do not preach, but rather shine a positive encouraging light on small daily activities that will help patients feel less alone and more in control of their lives. Whether a woman suffers a little or a lot, she will find comfort in this book.

GPs who see teenage girls or women of reproductive age should also read this book. Although it is aimed at the lay reader, the accuracy and depth of medical information will be of use to the health professional. The authors have done all the legwork, gathering together knowledge on the most up-to-the-minute management options. As the information is ordered and cross-referenced in different chapters, GPs and gynaecologists will be able to dip into relevant sections, as required. Scientific references are provided for further reading. Health professionals will also gain invaluable insight into the detail of their patients' lives: the pain and silence around this condition is revealed.

There is some repetition across chapters in this book. However, this is a positive point, allowing readers to dip into individual chapters and still keep the topic in perspective.

Gratitude should be expressed to Dr Evans and Ms Bush for this excellent book. All those touched by endometriosis, whether as a sufferer, a loved one or a health professional, will benefit from reading *Endometriosis and Pelvic Pain*.

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