



BOOK REVIEW

By Georgia Brown

“Now That I Have CF:” Information for Men and Women Diagnosed as Adults. Palys, B., Palys J.R., Widerman, E., Solvay Pharmaceuticals, 2003. ISBN 3-00-013902-8

I have found so few books for adults with CF that I especially appreciated the information and the tone offered in this 183-page textbook. Graphs, statistics, and highlighting of important facts and phrases make this book a quick and easy reference tool. Newly diagnosed adults will like the information presented clearly and concisely. The book’s inclusion of personal perspectives will make newly diagnosed adult feel like one of many instead of being the only one experiencing the problems faced by CF. The book is very well-written and provides a wealth of information for the patient who is unsure of what a CF diagnosis means. Covered topics include: symptoms, diagnosis, psychological issues, CF treatment, genetic factors, professional and self-care including, transplantation, sexuality and reproduction, and employment insurance and legal issues. Related topics such as childbirth, illegal drug use, and homeopathic techniques found in these sections are also appropriate for teenagers switching from pediatric care to adult care. The last two chapters that cover ongoing research, future directions, and information resources are applicable for everyone in the CF community including parents and care givers. Don’t miss out on this valuable resource!