

## TEXTBOOK OF TINNITUS

A R Møller, B Langguth, D DeRidder, T Kleinjung, eds  
Springer Verlag, 2011

ISBN 978 1 60761 144 8 pp 786 £180 €199.95 CHF  
287 US\$279

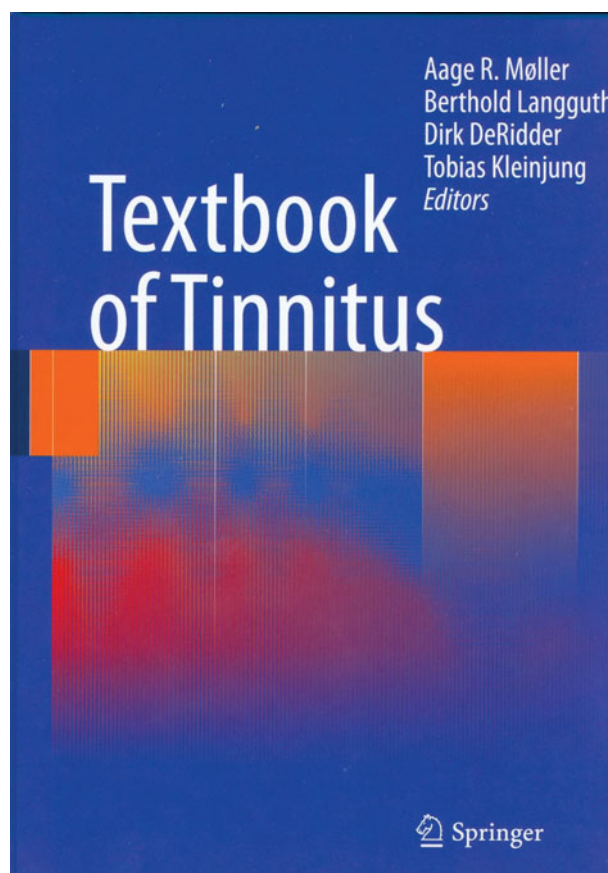
This hefty volume – compiled by members of the Tinnitus Research Initiative – declares itself to be the first textbook on tinnitus. It isn't. This erroneous claim, coupled with the notable absence (or minimal involvement) of several leading figures in the field, led me to regard it initially with some scepticism. However, what I found between its covers is probably one of the most comprehensive works on the topic in existence, and its usefulness is indisputable.

The book has 95 chapters – a daunting number – but these are logically organised and mostly short. As well as the 'obvious' headings (epidemiology, neuroimaging, cognitive behavioural therapy), some more unusual topics are included, such as three chapters exploring the parallels between tinnitus and chronic pain. There is also a whole, 10-chapter section in which tinnitus is discussed from the perspective of a range of different professionals, from audiologist to dentist, and also – most refreshingly – from the perspective of a patient. Both medical and psychological approaches to management are given equal weight.

As with all edited textbooks, writing styles vary, but all contributors make very good use of current evidence in their writing and most manage to express themselves in an accessible way without 'dumbing down'. The chapter on transcranial magnetic stimulation, for example, assumes no prior knowledge of the topic and takes the trouble to explain terms, while not skipping any detail of the scientific studies it describes.

The book also scores highly on immediate usefulness. For example, the chapter on counselling and psycho-education provides a number of suggestions for things to do in appointments and even examples of what to say to patients. This is likely to be particularly helpful to those who find themselves in that rather awkward place between education and experience.

I wouldn't go so far as to say that this book is all that the new tinnitus practitioner will need. Although just



about every relevant topic is included, some are not covered in much depth at all. Most notably, sound therapy and hearing aids are skipped over in a mere seven pages; there is so much more to say!

Nevertheless, the book's format and content probably make it the most useful question-answering book on tinnitus currently available. Using its chapter headings, bold subheadings and lists of key points, it's quick and easy to look things up ('What is the name of that rare arterial disease associated with tinnitus?' 'Is tinnitus *actually* more common in people over 70?'). A bit like Google, but without the nonsense.

L HANDSCOMB  
London, UK