EXTRAESOPHAGEAL REFLUX

By Michael Fredrick Vaezi, Plural Publishing, San Diego, CA, 2009, 240 pp, $189.95

Extraesophageal Reflux is a first edition text edited and co-written by gastroenterologist Michael Vaezi. The book includes chapters on asthma, sinusitis, laryngopharyngeal reflux, and cough written by otolaryngologists, gastroenterologists, pulmonologists, and speech and language pathologists. Certainly there is merit, for any head and neck surgeon interested in further study of reflux, in learning from the perspective of those in other medical specialties. This is the major strength of this book.

The book is concise and well written, with a sensible progression through the chapters. The first is devoted to epidemiology, which includes a helpful review of the basics of good research design and what questions still need to be answered regarding this disease. The standout chapters in the book provide thorough and interesting information on pathophysiology, laryngopharyngeal reflex from 3 distinct perspectives (gastroenterology, otolaryngology, and speech and language pathologists), asthma, and reflux-related dysphagia.

The use of figures, tables, and images is the one weak point of the book. The text is divided near the midpoint by several color plates that are referred to throughout the text. The esophageal pictures are the most useful in this section. Elsewhere, within chapters, flow diagrams, tables, and charts are provided that are of limited usefulness as they seem to be fillers to break up the text and only show more basic concepts or reiterate summaries of quoted literature.

The literature citations, however, are a major accomplishment of the authors of Extraesophageal Reflux. Forty-six of its 240 pages contain lists of references, and controversial and supportive literature is discussed.

Extraesophageal Reflux is an excellent reference book for residents of medicine and otolaryngology, speech and language pathologists, and those wanting a comprehensive, up-to-date review of this topic.

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