

the problem is, where do you find them? Nobody seems to know. I had to ring around a lot of places before I found somewhere that could supply them.

AP: *Any other comments on your experience?*

HB: When I was in Western Australia I had to use taxis to get between my hotel, the hospital, the general practitioner, the X-ray rooms, etc. Some people may have difficulty getting

to their appointments if they are unable to use public transport and cannot afford a taxi.

It would be helpful to get advice about when you can resume physical activity while you are being treated for a thrombosis. I like to go to the gym, but I was unsure when it would be safe to start exercising again. About a year later I had a pulmonary embolism, so I am now on warfarin for life.

Book review

Therapeutic Guidelines: Endocrinology. Version 4.

Melbourne: Therapeutic Guidelines Limited; 2009. 366 pages. Price \$39, students \$30, plus postage. Also available in electronic format as eTG complete.

Chee Koh, Academic General Practice Registrar, Department of General Practice, University of Sydney, Westmead Hospital

Like previous editions, this book aims to provide 'busy health practitioners' with therapeutic information that is 'clear, practical, authoritative and succinct'.

The layout and structure of the book remains largely unchanged from the previous edition. However, the chapter 'Getting to know your drugs' has returned to the front of the book.

Merits of the book include:

- its use of simple language and clear, concise presentation of information
- comprehensive and up-to-date chapters on diabetes and its management
- timely updates on topics such as obesity and male hypogonadism.

The book has some shortcomings. There is no chapter on the use of hormones for transgender conditions – even in my training practice in a regional setting I am starting to see occasional, but increasing numbers of, transgender patients seeking quite complex advice about hormone therapy and issues surrounding its use. Also, the book's textbook-like structure detracts from it being the quick reference guide that busy doctors love to have handy.

Despite the shortcomings, this latest edition remains an invaluable guide in clinical practice, and has remained true to its core values since its inception.

Finding Evidence – Recognising Hype: a new online learning program

This case-based program for general practitioners aims to improve their skills in assessing new drugs. It has been developed by the National Prescribing Service and has six interactive modules that focus on how to make informed decisions about new drugs, efficiently and reliably.

General practitioners can earn professional development points as the program has been approved by the Royal Australian College of General Practitioners and the Australian College of Rural and Remote Medicine.

The program is also available free to pharmacists, nurse practitioners and other health professionals.

To enrol for *Finding evidence – recognising hype*, visit www.nps.org.au/ferh

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