

BOOK REVIEW
THE AIDS HANDBOOK

THE AIDS HANDBOOK. ED. JOHN HUBLEY, S. CHOWDHURY & V. CHANDRAMOULI.
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HIV infection and AIDS is increasingly becoming a major public health problem in our country. Currently, the reported cases represent only the 'tip of the iceberg' of the problem. In view of the fact that no cure or vaccine for the disease has yet been found, spreading knowledge and removing misconceptions is about the only way that AIDS can be effectively tackled.

This handbook, developed by Prof. Shankar Chowdhury and associates, seeks to address all levels of medical and non-medical AIDS workers, as well as the layman. It deals with topics ranging from biology of the virus, symptoms and transmission of disease, to prevention, counselling for infected persons and action plan for AIDS education.

The biology of the virus and the immune system is described in simple terms, as well as methods of testing for HIV, and what these test results mean. The progression of disease in adults and children, development of symptoms, diagnostic criteria for AIDS, treatment and outcome of disease is dealt with. How AIDS spreads between people, and the health risk for health workers and families is examined. The various ways in which transmission of HIV can be prevented is looked at in detail, including public health measures, national and international action, and ethical and human rights issues involved.

Counselling is needed not only for patients and their family members, but also for health workers. An outline of Action Plan for AIDS education is dealt with in a practical and lucid manner.

This volume provides a simplified, straight forward view of the topic as well as many practical management strategies for health workers.

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