

RR 2017/228**Living with HIV: A Patient's Guide
(2nd edition)**

Mark Cichocki

McFarland

Jefferson, NC

2017

vii + 294 pp.

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Conditions and injuries**Review DOI** [10.1108/RR-06-2017-0150](https://doi.org/10.1108/RR-06-2017-0150)

Author Mark Cichocki points out in the introduction to the second edition of *Living with HIV* that self-education is an important variable when it comes to health care. Citing research that shows patients with more education experience better health outcomes, Cichocki makes the argument that medicine is no longer just for the doctors: patients acquire knowledge about the conditions that they experience and collaborate with doctors on the treatments for their conditions. Cichocki goes on to suggest that general acceptance of this more inclusive view of patient participation in medicine can be traced through the shift in language from discussing “patient compliance” with physician orders to discussing “medication adherence”. Indeed, “Patient compliance” was introduced as a medical subject by the National Library of Medicine in 1975 and – although it continues to be used – the National Library of Medicine introduced “Medication adherence” as a subject heading in 2009 (incidentally, the same year as the first edition of Cichocki’s book was published) and you are now more likely to see the subject heading “Medication adherence” on the recent literature about HIV infections.

Patients who have accepted the call to participate more in their treatment through self-education will find a comprehensive and accessible resource in Cichocki’s *Living with HIV*. All that was written about the first edition of this book in the previous review in these columns by Sue Phelps (*RR 2010/033*) applies to this updated edition. It retains an approachable style while explaining the most recent research and treatment guidelines for HIV infections. Since the first edition was published in 2009, research and practice guidelines concerning pre-and post-exposure prophylaxis (PrEP, and PEP, respectively) have advanced, leading to new recommendations for couples with mixed HIV infection (serodiscordant) status. Many other sections have also received

updates, and while the overall changes are not extensive, the new information that the updated edition supplies is essential.

Cichocki, an HIV Nurse, seems to have absorbed much from the experiences of his patients and ably places medical knowledge in a human context. The book may be recommended to not only people living with HIV but also their friends and family. For doctors, nurses and therapists who work with people infected with HIV; Cichocki’s accessible style may provide a blueprint for communicating with patients. As up-to-date, book-length, consumer health information for HIV infections, *Living with HIV* occupies a fairly narrow niche. The recently published *Living a Healthy Life with HIV* (Webel *et al.*, 2016) is comparable in scope, but it places an emphasis on diet and nutrition in a way that may appeal to a different audience. For example, Webel *et al.* address mainly personal barriers to exercise, such as motivation, whereas Cichocki addresses structural barriers, such as homelessness. *Living with HIV* is essential for hospital libraries and highly recommended for public libraries and for medical, nursing and social work collections.

John Pell

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Reference

Webel, A., Lorig, K., Laurent, D., González, V., Gifford, A.L., Sobel, D. and Minor, M. (2016), *Living a Healthy Life with HIV*, 4th ed., Bull Publishing, Boulder, CO.

RR 2017/229**A Walk Through the Heavens: A Guide to
Stars and Constellations and Their
Legends (4th edition)**

Milton D. Heifetz and Wil Tirion

Cambridge University Press

Cambridge

2017

ix + 97 pp.

ISBN 978 1 316 64551 2 (print); ISBN 978 1 10818 46 9
(e-book) £14 \$19.99 (print); \$16 (e-book)**Keywords** Astronomy, Stars, Constellations**Review DOI** [10.1108/RR-09-2017-0187](https://doi.org/10.1108/RR-09-2017-0187)

This attractive work looks like a children’s book, and it will indeed, no doubt, be very appealing to interested children, but it is really for anyone who wishes to learn the basics of the subject. Written for complete beginners, it introduces the patterns of the northern hemisphere sky. (There is another book by the same authors called *A*

Walk Through the Southern Sky, and people in the southern hemisphere might reasonably complain that this one refers to “the Heavens”, as if it covered them all, rather than just the northern sky!). This fourth edition adds colour and a map of the moon, and it emphasised that no equipment is needed, just your eyes. Tirion is very well known in the field, and has contributed sky charts to many publications.

An introduction explains that from the earliest times people looked to the stars to help them navigate, know when to plant and harvest, establish legends, mark changing seasons and even align places of worship. Constellations were recorded over 5,000 years ago, lists of such patterns were written 2,400 years ago and over 2,000 years ago Ptolemy compiled a list of 48 which has remained relatively standard to this day. Professional astronomers now recognise 88, but it is made clear they are simply areas of the sky, not pictures or patterns.

Part 1 explains how to measure distances in the sky and how brightness is measured on the magnitude scale. A three-dimensional diagram of Cassiopeia makes clear that apparent closeness can be illusory and that stars making a pattern can be at very different distances, and it is also explained that it is only apparent brightness we see: a star seemingly fainter than another may in fact be thousands of times brighter than it, but much farther away. There is information on the Milky Way and a discussion of the possibility of life elsewhere.

In Part 2, four seasonal star maps are followed by the main “walk”, starting from the

formation in Ursa Major known in America as the Big Dipper and from Orion and proceeding through the constellations, with interesting facts bringing out the scale of the universe, such as that the light from Arcturus, which, focused on a photoelectric cell, opened the 1933 Chicago World’s Fair, had left the star in 1896! There are summaries of pathways from the Big Dipper, Cassiopeia, Cygnus and Leo, and charts of the Milky Way and related constellations in the northern and southern skies.

Part 3, *Legends of the Heavens*, is an alphabetical listing of the stories behind the constellations, and Part 4 says *There’s More to See!* – Circumpolar constellations and tests of vision (brightness, colour, the ecliptic and the zodiac and how to locate and identify naked-eye planets). There is a table of planet locations to 2024, the aforementioned moon map, and information on the Surveyor, Ranger, Luna and Apollo Moon programmes, with lists of significant Luna and Apollo missions. Objects visible with binoculars get two maps, and there is information on meteor showers, and lists of the brightest stars, navigational stars and minor constellations. The book ends with an index of all 88 constellations, including some not in the book because they are too faint to see with the naked eye or too far south. Those that do appear have page and figure references. This book is a nice mix of reference value and general interest!

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