Book reviews

Structural Fat Grafting
S. R. Coleman
Quality Medical Publishing: St Louis. $295.00.

Inspired by Charles Conrad Miller and Lyndon Peer, Sydney Coleman became interested in fat grafting, and developed his personal technique using small blunt cannulas for harvesting and delicate ones for injection. The harvested fat tissue is centrifuged to separate oil, blood, water and extracellular components from the viable fatty tissue which is then used for grafting. Coleman provides us with a review not only of the relevant literature but, above all, of his own approach, observations, techniques and experience. The book is well illustrated with photographs and drawings.

The first chapters deal with the technique, indications and complications. The next eight chapters describe the different areas of the body where fat grafting can be performed. These include the hand, nasolabial folds, lips, chin and jawline, neck, infraorbital and cheek regions, and supraorbital area. Chapter 6 is committed to iatrogenic corporal deformities resulting from liposuction. Every chapter ends with ‘technical pearls’ in which Coleman gives advice about specific problems or tricks.

This book is written mainly for an audience of plastic surgeons, but every specialist who deals with ageing and body contouring can benefit from this well written, easy-to-understand and informative text.

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Viva Tutorials for Surgeons in Training
Cambridge University Press: Cambridge. £29.00.

This book is written by a large number of authors who, judging by their credentials, are all still in training. It is aimed at candidates preparing for the MRCS viva voce examination. The book is well set out and consists of six sections (applied surgical anatomy, operative surgery, applied physiology, critical care, surgical pathology and principles of surgery), with each section subdivided into relevant subsections. For each subsection there is a series of questions followed by an answer, given either as a list or as a concise paragraph, and this format is rigidly maintained throughout the book. The authors include most of the topics listed in the MRCS syllabus, but the level of questions set for some topics does not always correlate with the level expected in the syllabus. A significant deficiency is the lack of illustrations and line drawings, which are sometimes more easily remembered than paragraphs of text. It would also have been helpful for the trainee if a system of cross-references was set out at the end of each topic, particularly as there is no index, and some topics would have benefited from a short list of suggested further reading or, perhaps, a seminal publication on the subject. Despite these deficiencies, the book is easy to read and is suitably priced. It should be useful to the audience for which it is intended.

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