

Book Reviews

Multiple Choice Questions in Ophthalmology

D. F. P. Larkin

Multiple choice papers are an important part of all the written examinations of the College of Ophthalmologists, and candidates will therefore find it useful to have a selection of questions written in the format used by the College. This collection of 300 questions and their answers, covering various aspects of the basic sciences, optics and ophthalmology will provide valuable practice for aspiring ophthalmologists.

Barrie Jay

Thyroid Eye Disease—2nd Edition

Devron H. Char

In an age of multi-author textbooks which are so often "good in parts" it is a pleasure to read this excellent monograph on Thyroid Eye Disease. The book is an authoritative account written by a clinician with wide experience of the disease and an enthusiasm for the subject. Most aspects of thyroid disease are clearly described and the book is written in a very readable style.

Eight of the twelve chapters deal with the medical aspects of thyroid disease and thyroid ophthalmopathy. The account of eye signs and clinical diagnosis is perhaps the most valuable of these chapters and includes the use of CT and MRI imaging. The author's comments on the comparative value of CT and MRI illustrate the insight he has as a direct result of personal experience. Although there is a paucity of MRI data on thyroid ophthalmopathy the delineation of compressive optic neuropathy is easier with MRI than CT. On the other hand a few incorrectly diagnosed patients have been seen and thought to have orbital apex tumours on the basis of axial MRI. This has occurred because MRI cannot be reconstructed and presents a problem analogous to that which originally occurred using CT when an enlarged inferior

rectus muscle was occasionally diagnosed as an apical tumour. There is a further excellent and well balanced chapter on the use of diagnostic tests in euthyroid Graves' disease though some may not agree that the increased sensitivity of modern TSH assays has entirely replaced the TRH test. Under the heading Mechanisms of Hyperthyroidism the author makes a brave attempt to draw together the enormous volume of work on the autoimmune pathogenesis of hyperthyroidism. In spite of the seemingly endless abnormalities of the immune system which have been described the precise mechanisms of hyperthyroidism and thyroid ophthalmopathy remain an enigma. It is of interest, however, that the autoimmune theory has recently been expanded to encompass the possible role of a retro-virus. Perhaps further research into a dual role of viruses and the immune system may finally resolve the cause of Graves' disease. A minor criticism of the chapters on medical aspects is the lack of emphasis on thyroid ophthalmopathy as part of a systemic disease. There is, for example, no reference to thyroid acropachy or pretibial myxoedema in Graves' disease and there is only a passing reference to the association of thyroid disease with myasthenia gravis. The latter is not purely of academic interest because of the problems in diagnosis and management which may arise in patients who have both thyroid disease and myasthenia. The judicious use of Edrophonium injection may occasionally solve the problem of apparently variable eye movement disorder in patients with thyroid ophthalmopathy. In spite of these reservations it should be said that all the chapters in this book are very well referenced, most sections including between fifty and two hundred separate references.

Chapters on the use of radiation therapy, steroids and the surgical management of ophthalmopathy are perhaps more controversial. Some readers may feel, for example, that the