

The Little GI Book: An Easily Digestible Guide to Understanding Gastroenterology, 2nd Edition

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The Little GI Book: An Easily Digestible Guide to Understanding Gastroenterology is written by Dr. Douglas G. Adler, a tenured Professor of Medicine, director of therapeutic endoscopy and gastroenterology fellowship program director at the University of Utah School of Medicine. In the 2nd edition of this book, Dr. Adler includes the latest advances and changes in the diagnosis and treatment of many gastrointestinal (GI) disorders, while continuing his mission to create a simple, high-yield and enjoyable guide to the fundamentals of gastroenterology and hepatology.

This 280-page, pocket sized book is comprised of eight chapters separated by organ-specific diseases, including Esophagus, Stomach, Small Intestine, Colon and Rectum, Liver, Gallbladder and Bile Ducts, Pancreas and, finally, a general overview of endoscopes and endoscopy techniques such as colonoscopy, endoscopic retrograde cholangiopancreatography (ERCP), and endoscopic ultrasound (EUS), and other procedures. Each chapter generally begins with anatomy and physiology, and then delves into common organ-specific pathologies, which are often then sub-divided into pathophysiology, clinical presentation and, most importantly, the specialized diagnosis and treatment methods used by gastroenterologists. Throughout the text, there are numerous high-quality figures and color

pictures of disease presentations visualized with endoscopy and endoscopic interventions results. Every chapter concludes with a list of references.

One of the core strengths of this book is its ability to create a window into the endoscopy suite, especially for individuals that have never stepped foot into one. In this book, there are pictures and descriptions of the types of endoscopic therapy used to treat a bleeding peptic ulcer, a common GI diagnosis, but also EUS images of a pancreatic mass surrounding the celiac artery and an explanation of how that position affects management. In addition, the benefit of the updated 2nd edition is the discussion of new advancements in the field of gastroenterology such as peroral endoscopy myotomy for the treatment of achalasia. This is not a textbook that covers the small details of the presentation, diagnosis, and management of every GI diagnosis, but instead, it focuses on providing a broad overview across the entire field of gastroenterology. This would not be the book to rely on for passing boards or shelf examinations; however, it is the ideal book for gaining practical, bedside knowledge to apply on any gastroenterology service. Overall, the combination of the book's concise length, inclusion of the core GI diagnoses and friendly tone makes it an especially useful resource to resident physicians and upper-level medical students who desire a future in gastroenterology, as well as anyone who desires to have a strong foundation in gastroenterology.

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