

Year Book of Sports Medicine 2013

Editor in Chief: Roy J. Shephard.

Associate Editors: Robert C. Cantu, François Desmeules, Victoria Galea, Catherine M. Jankowski, Ian Janssen, Connie Lebrun, David C. Nieman.

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Subjects: Sport Specific Injuries, Acute and Chronic Disorders, Treatment, Prevention, Physical Activities and Exercise, Metabolism and Nutrition, Biomechanics, Aging.

Description: *Year Book of Sports Medicine* encompasses abstracts of outstanding and remarkable articles that were carefully selected from more than 500 journals worldwide.

Purpose: The aim of the book is to provide the abstracts of the best articles published in the years 2012 and 2013 that are thought to enrich sports medicine field to the professionals working in sports medicine area.

Audience: The book is best for anyone working in sports medicine specialty like postgraduate students, general practitioners, team doctors, university doctors, and sports medicine physicians.

Features: The book is composed of 9 sections and an article and author index at the end of the book. The book contains abstracts of about 200 articles classified under different headings. At the beginning of the book Dr. Shephard composes an article about physical activity and the visceral organs. The abstracts of the articles of the following key topics, subsequently, are featured in the following sections: Section 1 is "Epidemiology, Prevention of Injuries, Lesions of Head and Neck", Section 2 is "Other Musculoskeletal Injuries", Section 3 is "Biomechanics, Muscle Strength and Training", Section 4 is "Physical Activity, Cardiorespiratory Physiology and Immune Function", Section 5 is "Metabolism and Obesity, Nutrition and Doping", Section 6 is "Cardiorespiratory Disorders", Section 7 is "Other Medical Conditions", Section 8 is "Environmental Factors", and Section 9 is "Special Considerations: Children, Women, The Elderly, and Special Populations".

Assessment: The chief and associate editors of the book are highly knowledgeable scientific experts on this topic. Expert commentaries from the editors evaluate the clinical importance of each article and discuss its application to sports medicine practice. Additionally, expert critique of the individual papers allows readers to weigh their limitations and understand findings that can enhance their current practice.

Reviewed by: *Ufuk Sekir, MD, Prof., Department of Sports Medicine, Medical School of Uludag University, Bursa, Turkey*