

Stargrove MB, Treasure J, McKee DL. Herb, Nutrient, and Drug Interactions: Clinical Implications and Therapeutic Strategies.

By: Robertshawe, Penny

Journal of the Australian Traditional-Medicine Society

Monday, September 1 2008

Stargrove MB, Treasure J, McKee DL. Herb, Nutrient, and Drug Interactions: Clinical Implications and Therapeutic Strategies. St. Louis: Mosby Elsevier, 2008. ISBN 978-0-3230-2964-3. \$120. Available from Elsevier Australia, telephone 1800 263 951 or elsevelsevier.com.au.

This comprehensive reference book is written in an accessible style that would suit both professional healthcare consultants and laypersons. It contains more than 60 monographs of herb-drug and nutrient-drug interactions.

Each monograph is introduced with a summary table that lists a drug/class interaction type; describes its mechanism and significance in relation to the subject supplement; and provides advice for its management to decrease adverse affects.

A more in-depth analysis follows with a detailed description and information about the supplement's therapeutic uses, dietary sources, safety profile and its drug interactions. Information about interactions includes relevant research, evidence and clinical concerns.

All interactions are graded according to three guides presented at the front of the book: the interaction probability guide; the type and clinical significance guide; and the strength and character of source evidence guide. By means of icons representing graded implications, these guides give readers an at-a-glance assessment of the interaction.

As well as monographs, the text encompasses three cross-indexes that allow readers to search interactions by drug class, generic drug name, and drug trade name, respectively. This is followed by a general index.

The CD-ROM included with the book gives electronic access to the textual information and provides a search facility. It also lists the references used for monographs.