

## Book Review

### **HIV management in Australasia: a guide for clinical care**

**Jennifer Hoy and Sharon Lewin**

**Published in 2003 by the Australasian Society for  
HIV Medicine Inc.**

(It is also available as a pdf at <http://www.ashm.org.au/index.php?PageCode=1321&SD=10&DExpand=1>)

Remarkable changes have taken place in the management of HIV during the past 10 years with the development of highly active anti-retroviral therapy or HAART. A disease that formerly had an inexorable and universally fatal course has become manageable. The field of HIV medicine is rapidly changing and multi-faceted. A new publication, *HIV management in Australasia: a guide for clinical care* is an accessible text that explains HIV's biology and epidemiology, the approach to HAART and the clinical manifestations and treatment of HIV complications.

The book, produced by the Australasian Society for HIV Medicine and edited by Drs Jennifer Hoy and Sharon Lewin, has short chapters written by experienced Australian clinicians working in the HIV field. The text is supported by intelligent graphics with effective use of tables. Investigational and management algorithms are also highlighted.

Concise chapters on virology and immunopathogenesis amply set the context for clinical management of HIV infection. With effective HAART now reducing the numbers of AIDS patients, the book focuses on issues suited to the ambulatory nature of contemporary HIV practice. The chapter on initiating HAART, a focal point for HIV therapeutics, does not have the clarity of some of the rest of the book. One area where insufficient information is provided is that of boosted protease inhibitor use given the importance of this approach to salvage regimens.

The critical area of antiretroviral toxicity is well addressed with a pragmatic approach to definition of side effects such as lipodystrophy. Conservative management suggestions are made for mitochondrial toxicity, lactic acidosis and other serious HAART toxicities in the absence of firm data. Post

exposure prophylaxis, of relevance to HIV infection control, is well dealt with.

As not all HIV therapy is ultimately successful, a comprehensive description of opportunistic infections and AIDS associated malignancies is included. These sections are very well organised and assist in first time recognition as well as reminding experienced clinicians of these now infrequent clinical entities. Therapeutic choices described include trials of the most recently released agents such as valganciclovir and voriconazole.

Chapters that describe system-based presentations such as respiratory, gastrointestinal and neurological manifestations include sections on non-AIDS defining infections. Co-infection with HIV and either Hepatitis B or Hepatitis C viruses, a major problem given overlapping risk factors and accelerated liver disease, is given prominence. While of interest to infectious diseases physicians, rare tropical conditions such as Cyclospora and Penicilliosis may be a little over-emphasised.

This is an excellent text for medical and nursing practitioners working in HIV and related areas. *HIV management in Australasia" a guide for clinical care* is an important assessment of HIV in the HAART era with excellent coverage of new and evolving areas. At the same time it provides an updated perspective on the AIDS manifestations that everyone working in this field hopes are not revisited on our patients.

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