Book Review

Hypothermia Frostbite and Other Cold Injuries, Second edition

Gordon G. Giesbrecht, Ph.D. and James A. Wilkerson,
M.D.

Seattle, WA: The Mountaineers Books, 2006

US \$17.95, 141 pages, paperback

While only in its second edition, this paperback is likely to become a classic. Authored predominately by Professor Gordon Giesbrecht (“Dr. Popsicle”) and Dr. Jim Wilkerson, it is a logical and succinct guide to prevention of and survival from hypothermia, and rescue and treatment of hypothermic victims. As has become the habit of these prestigious authors, the physiology and pathophysiology of hypothermia are very well explained. The information on cold water immersion is quite comprehensive. As would be expected from the world’s expert on immersion hypothermia, the recom-

mendations for rescue are plentiful and superb. I particularly enjoyed the section on cold weather clothing, which includes information useful in understanding choices of clothing and how best to prepare for the cold. The discussion on frostbite reflects the fact that we have not seen any real advance in clinical approach for decades now and gives appropriate credit to the important accomplishments of Bill Mills in establishing the current approach to rapid rewarming therapy. This will be a useful “refresher” book for knowledgeable wilderness medicine physicians who wish to be conversant with the most recent accepted approaches to hypothermia and a very important book for the library of any health care provider who may be called upon to assist in the rescue and treatment of a hypothermic human being.

Paul S. Auerbach, MD
Los Altos, CA, USA