

"Asymptomatic Atherosclerosis", edited by Morteza Naghavi, is a comprehensive book assembled with the standpoint, that vascular death, heart attack and stroke should be prevented primarily with a new approach: rather than judging risk from traditional risk factors of atherosclerosis, prevention should be directed by the severity of atherosclerosis itself.

Recent research has documented that assessment of risk, based on risk factors of atherosclerosis, predicts very poorly who will suffer vascular death, myocardial infarction and stroke in the near future. In fact, using this approach for identifying the high risk person and offering intensive treatment has never been proven to reduce morbidity or mortality. Therefore, this book with a refreshing approach, where early (or advanced) signs of the disease (asymptomatic atherosclerosis), independent of risk factors of the disease, should be taken as a serious marker of risk, is very welcome.

The book therefore includes chapters dealing with pathogenesis, risk factors and new biomarkers of atherosclerotic cardiovascular disease. Especially, the potential of noninvasive imaging to disclose who are at the highest risk is covered in detail. Also, chapters dealing with how to use the biomarker and imaging information, including new treatment paradigms such as the "polypill". In general, the authors of chapters are well-accredited scientists with decades of experience within their fields.

This book should be on the bookshelf for any physician who has an interest in atherosclerosis. It summarizes recent science with established knowledge and the only thing missing that comes to this reviewer's mind, is that an "easy read" version for general practitioners would be needed when treatment of asymptomatic atherosclerosis evolves for the general population.

Copenhagen, August 14th 2010

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