

repetition, and a couple of appendices that seem to be unnecessary. However, these are minor annoyances that could be easily corrected in future editions and they do not get in the way of the important and interesting story that Dr Hughes has to tell.

Bottom Line: I thoroughly recommend this book—it is an easy read, but with germane messages to those both inside and outside of the academic gastroenterology bubble. Hughes’s thesis is well-argued and indicates clearly where he stands. Even if the reader is opposed to this viewpoint based on a personal view of the *H pylori* saga, at the very least this book should lead one to reflect on the processes by which medical science advances, and on whether our institutions are any better prepared now to embrace the next *H pylori*.

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Website Review: Review of Patient-Oriented Websites on Hemorrhoids

Symptomatic hemorrhoids are widely prevalent. The clinical signs and symptoms of bleeding, pain, external protrusion, and anal pruritus are usually telltale signs of these vascular plexuses. However, the diagnosis should only be made after an appropriate physical examination has ruled out other causes and endoscopic evaluation is considered. The Internet is filled with information and websites that patients can use to help them decipher their underlying diagnosis and manage symptoms. The purpose of this analysis is to review various websites and the patient-oriented material on hemorrhoids.

eMedicineHealth (http://www.emedicinehealth.com/hemorrhoids/article_em.htm)

On first click, this website has multiple ads and multiple links to other diseases that could be distracting. However, once you reach the main information, each subtopic within the discussion is a separate hyperlink and can quickly answer basic questions. Differential diagnoses are superficially discussed for symptomatology, missing key diagnoses such as anal fissures. Treatment options appropriately begin with conservative management and differentiate management of internal and external hemorrhoids. There is an extensive, well-annotated set of images and diagrams for review. A quiz is also available to see if patients understand the information. There are also links to patient comments and reviews, which patients may find especially useful. This website was written by an emergency medicine physician and reviewed by a general surgeon. The website editor is a gastroenterologist. The only reference is another website, [Medscape.com](http://www.medscape.com). The last editorial review was February 2015.

MedicineNet (http://www.medicinenet.com/hemorrhoids_piles/article.htm)

The homepage is easily accessible and searchable by keywords as well as by specific diseases. The layout is very cluttered with multiple ads and other threads. Each topic is on a separate page that needs to be scrolled through, making the site more difficult to follow. The ability to hyperlink directly to common questions is nice to see. Multiple images are available and nicely presented. Overall, there is more in-depth information about pathophysiology than necessary for the majority of patients. Treatment options are discussed thoroughly, with an appropriate emphasis on conservative management. A quiz and patient comments are also available as in eMedicineHealth. This site could be a hybrid for patients and a quick synopsis for a practitioner.

REVIEWER RATING				
	eMedicineHealth	MedicineNet	UpToDate	Wikipedia
Symptom description	★★★★	★★★★	★★★	★★★★
Differential diagnosis	★★★	★★★★	★★★★	★★★★
Testing options	★★★	★★★	★★★★	★★★
Treatment options	★★★★	★★★★	★★★★	★★★★
Complications	★★★	★★★	★★	★★★
Citations/references	★★	★★	★★★★	★★★★★
Quality of figures/images	★★★★★	★★★★★	★★★★	★★★★★
Ease	★★★	★★★	★★★★★	★★★★

Stars:
 ★: poor; ★★: adequate; ★★★: fair; ★★★★: good; ★★★★★: excellent.

Text is written, reviewed, and edited by the same individuals as eMedicine Health. The only reference is an Emergency Medicine Study Guide. The last editorial review was February 2015.

UpToDate (http://www.uptodate.com/contents/hemorrhoids-beyond-the-basics?source=search_result&search=hemorrhoids&selectedTitle=1~5)

Patient-centered materials versus professional-level materials are delineated by subscription level, but most patient information is free and easily searchable via keywords. There are 2 options: a “basic” and “beyond the basics” review. Once subject matter is found, bolded headings and hyperlinks allow quick access to information about definition, symptoms, diagnosis, and treatments. The text is easy to understand and written in lay terms with figures available to aid in visualization of hemorrhoids. Treatment outline is acceptable with regard to conservative measures moving toward more invasive procedures, with the reasoning for each type of treatment option provided, albeit simplified. References included at the end of the website include the 2004 AGA Practice Guidelines as well as 2 Cochrane reviews. Text is written by a colorectal surgeon with editorial review by a gastroenterologist. The last editorial review was January 2015.

Wikipedia (<http://en.wikipedia.org/wiki/Hemorrhoid>)

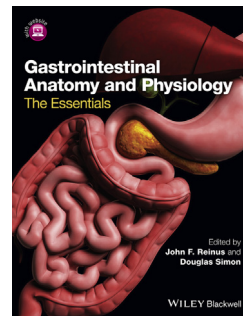
This well-known website is simple to navigate and easily searchable. A brief background is given and then more in-depth informational content is available via hyperlinks. This is a combination of multiple materials that were noted from other websites as well. Images that capture the essence of different types of hemorrhoids are accessible, including actual photographs, which is a unique feature among sites. Treatment description is accurate and multiple references are made to scientific literature backing up presented data. A nice historical perspective is also available. This site can be edited by anyone at any time. The last review was January 2015.

Bottom Line. Overall, the websites reviewed have a considerable amount of quality information. MedicineNet and eMedicinehealth, authored by the same physicians, should be commended on their patient engagement strategies, including opportunity for patient comments; however, the advertisements are very distracting. UpToDate should be commended on its ease of use, lack of distracting advertisements, and clearly articulated treatment options that begin with conservative management. Wikipedia offers the most references to scientific background studies, but there is no transparency around authorship. Based on our review of the selected websites, we would recommend patients visit UpToDate as a first choice, with a brief review of Wikipedia if they have an interest in seeing actual

photographs of hemorrhoids and MedicineNet if they are interested in patient comments.

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Gastrointestinal Anatomy and Physiology: The Essentials.

John F. Reinus and Douglas Simon, editors. 200 pp. \$75.00. New York, New York, Wiley-Blackwell, 2014. ISBN: 978-0-470-67484-0. Web address for ordering: www.wiley.com.

REVIEWER RATING

Coverage of relevant topics	★★★★★
Improvement over previously available media	★★★★
Style of presentation and formatting	★★★★★
Quality of figures	★★★★★
Overall	★★★★★

Stars:

★: poor; ★★: adequate; ★★★: fair; ★★★★: good; ★★★★★: excellent.

Gastrointestinal Anatomy and Physiology: The Essentials is a well-written, state-of-the-art summary of essential principles of digestive system physiology edited by John F. Reinus and Douglas Simon. The editors have recruited an all-star cast of authors, each of whom is an expert in the chapter topics they author. It is an excellent read for practicing gastroenterologists and surgeons as well as advanced college or medical students of the digestive system. For the practicing gastroenterologist or surgeon who was attracted to the field as a student by the fascinating aspects of the digestive system’s physiology, it will serve as a refreshing and easily understood update. For the student, it covers essential principles of physiology for every organ, including the liver and pancreas. The authors have adeptly added nuggets of clinical correlations without making it a pathophysiology text and have successfully avoided the inclusion of speculation or experimental data. Although written as a succinct text to meet the time and cost constraints faced by students, its design provides extra attention on the perennially challenging