

Book Review

Good News About Women & HPV by Alexander Mortakis MD, PhD

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Dr. Mortakis is recognized internationally as an expert in HPV infections and lower genital tract diseases. 'Good News About Women & HPV' was written to provide an accurate and informational resource for his many patients who are concerned about HPV infections and their health. This book is a practical, hands-on approach for women as well as their partners. In addition to well organized chapters (starting with definitions and an introduction to the HPV virus), he poses and answers over 300 questions. The format is straight forward and presents information using both medical terms and lay definitions to assist the reader in gaining a clear understanding of the information.

Dr. Mortakis opens with a personal note reviewing concerns his patients have raised over the years and provides an overview of the book organization. The book may be easily read cover to cover, or read in sections/chapters. He begins with general knowledge useful to all women, HPV infection and possible consequences. Subsequently he reviews information regarding vaccination, screening, HPV related diseases, and ends with information for

the couple (patient and partner); concerns and fears regarding the impact on their relationship.

'Good News About Women & HPV' is meant to be a practical guide for women and their partners. The question and answer format guides the reader through common questions in a stepwise progression beginning with basic concepts, advancing to complex topics, and answering emotional questions that may be hard for a woman to ask or find answers to. Dr. Mortakis includes a glossary and pages for notes – again, intended to be a useful source of information. It is an easy read; I read his book in just a few hours one evening.

Readers will find this book a complete and accurate resource for their questions regarding HPV, their health, and their relationships.

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