

**Book Review: Psychopharmacological Issues in Geriatrics**, edited by Unax Lertxundi, Rafael Hernandez and Juan Medrano – © Bentham Science Publishers, 2015

As the world population is aging, the overall prevalence of psychiatric disorders and of neurological diseases with psychiatric implications increases in equal measure. Patients present with symptoms in a wide range of complexity implying significant clinical challenges for dealing with the large number of patients who need care. Aspects of comorbidity and concomitant use of drugs are particularly important in this population. However, available information on these important issues is not as comprehensive as would be necessary, due, among other factors, to the smaller number of clinical trials involving elderly or the medically ill population. Additionally, information derived from other sources is also limited and scattered. Therefore the publication of a new book on geriatric psychopharmacology is very welcome especially as the number of books of this kind is indeed scarce.

Such works are limited in their potential use if their view does not include a predominantly clinical vision. This is not the case in this book. The origin of editors and authors, who have backgrounds in psychiatry, geriatric medicine and pharmacology confers a broad perspective to this text. Other strengths of the book are the components that are not strictly pharmacological. Each 'issue' is placed in a historical context that helps understand the evolution of its pharmacological approach. And even more valuable, each of the main chapters begins with a section in which the most relevant clinical aspects of the disorder are explained, which I think is a great success. I recall, with some emotion, M. Jenike's Geriatric Psychopharmacology text that in the early nineties introduced many of us not only to psychopharmacology, but also to the subtleties of psychopathology of the elderly. This text repeats Jenike's success.

The book has an extensive index where virtually all of the relevant 'Issues' in geriatric psychopharmacology are covered. In addition to the description of the most important pharmacological groups, the book includes specific chapters on age-related pharmacokinetic/pharmacodynamic changes, clinically relevant psychopharmacological interactions, pharmacovigilance and potentially inappropriate medications in the elderly.

The work concludes with 4 chapters dealing with specific diseases such as Alzheimer's and Parkinson's disease, as well as Substance Use Disorders. I must admit that I was surprised that only these diseases were being differentiated, but after reading them, these specific chapters take on their full meaning. In the case of the two aforementioned neurodegenerative disorders, they are common diseases that pose numerous problems and controversies in their pharmacological management in relevant aspects such as the efficacy and safety of drugs or the suitability of

polypharmacy. On the other side, substance use disorders in the elderly are a neglected area despite their high prevalence that merit special attention.

In short, *Psychopharmacological Issues in Geriatrics* is a book with an adequate approach, very well documented, written in a clear language and oriented to the clinical application of its extensive pharmacological content. It comes to meet the need to expand the small number of works aimed at drug treatment of the elderly with mental health problems and will be very useful for psychiatrists, geriatricians, internists and also for nursing home physicians and general practitioners.

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