



Coronary Artery Disease

by ENRIQUE P. GURFINKEL
Editorial Journal; 2008

This book, presented at the World Congress of Cardiology –which has recently taken place in Buenos Aires–, is unique in several aspects.

Firstly, it is a single-author work —resulting from considerable effort by the writer, on the one hand, and choosing a limited area of cardiovascular knowledge, on the other. Without these two conditions, it would be impossible for only one person to address this wide range of expertise. Although publishers of multiple co-author texts usually appeal for the so-called style- identity achievement, this can only be fully accomplished when the reader gets to sense, chapter by chapter, language familiarity and rhythm that make reading fluid and accessible.

Secondly and most importantly, in these pages Enrique Gurfinkel shows his years of experience at Coronary Care Unit and research at Favaloro Foundation, as well as joint research both at home and abroad. Whoever pays attention to quotes from articles published in *Revista Argentina de Cardiología*, or in conferences delivered by Argentinean experts, will see that there are few personal quotes from the authors or other local researchers. On the contrary, the pages of “Coronary Artery Disease” are crammed full of scientific evidence by Enrique Gurfinkel in collaboration with cardiologists, geneticists, immunologists, pathologists and biochemists. Therefore, reading turns out to be a trip along a fascinating area of knowledge that clearly identifies along the path the traces from a guide who strives to show us what he has seen, while acknowledging his limitations. Experiments on thrombosis and lysis, biochemical markers of a disease, the infection and inflammation hypothesis, immune modulation and antithrombin therapy, and, finally, the contribution of the new imaging technology are easily summarized. With this, the author provides this book with a unique scientific authority.

Text structure and organization are also characteristic. It is a compact book with less than three hundred pages, divided into fifteen chapters, intending to stagger, from titles onwards, the development from the

phylogeny of the disease to the description of clinical trial characteristics such as hypothesis testing tools, through stable and unstable coronary syndromes. Far from wearing readers out with lists of proves, the style is discursive and has at the end of each chapter a comment section, even better, a reflecting section where the author subjectively includes his interpretation on the subject. It is at that point where he openly reflects his intention to recreate the atmosphere of doctor’s rounds in the book, passing on settled knowledge while inviting controversy, discrepancy and research. Instead of hiding in a conservative style, even titles are open to debate, for example “Fibrinolytic Therapy Failure”, “Infarction Therapy Efficiency and Inefficiency” or “The Oculostenotic Reflex”, and many readers will probably find areas of disagreement, which is the clear goal of the book.

Interestingly, chapters resist individual reading, even skipping previous ones, because concepts discussed in other sections of the book are resumed when necessary. This feature is likely to be appreciated by students, residents and professionals who are short of time or unwilling to long reading. Following an international trend, there are few quotes at the end of each chapter, and those recommended by the author as selected reading are asterisked.

Through this text, we are left the feeling of a summary of knowledge on this subject that looks like varnishing prepared with time and love: layer by layer, periodically removing and renewing an abundant portion of them; the outcome is great, but it is also clear that most of what is known about coronary artery disease hardly reaches the surface of pathology.

“Coronary Artery Disease” is a unique work, and as regards local Medicine, it will probably become a distinguished Cardiology treaty partner, a source of reference and inspiration for coming generations.

Gerardo E. Bozovich

Medical Director – Favaloro Foundation
gbozovich@ffavaloro.org