cell histiocytosis (LCH) was confirmed by lymph node biopsy.

Although the nail changes were very characteristic but not diagnostic, they were missed initially because of its rarity. The differential diagnosis includes pachyonychia congenital, dyskeratosis congenital, onychomycosis, psoriasis and chronic mucocutaneous candidiasis or Darier disease. In these cases, however, the constellation of typical clinical findings is a clue for diagnosis.

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Blood Borne HIV: Risks and Prevention
M Correa, D Gisselquist and DH Gore. Orient Longman Private Limited; Chennai. Pages: 91; Price: Rs.95/-.

It is a well written and thought provoking literary work that particularly highlights the non-sexual transmission of HIV exspecially through injections, blood tests, dental and operative procedures and even cosmetic services such as tattooing, shaving, piercing and pedicures!!

The book is well divided into 4 chapters with chapter one covering history and statistics of HIV transmission and spread of the epidemic. Chapter 2 covers the already known risk factors for HIV transmission and transmission rate of each risk factor. Chapter 3 remains the main highlight of the book and covers various other means of transmission and how to prevent with safe practices. Practices such as skin piercing procedures, injection sterilization practices, dental care, blood transfusion safety, tattooing are especially well covered.

This book, on the whole, dispels lots of myths related to HIV and at the same time highlights the need to emphasize on non-sexual transmission of HIV, which also needs to be tackled to overcome this epidemic.

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Strong Immune System in 100 Days
Ranjit Kumar Chandra
Kiran Publishers,
Gurgaon. Pages: 173

Dr Ranjit Kumar Chandra has put forward his views on a holistic approach to healthy living very succinctly. That he has vast experience in the field of nutrition in general, and nutrition immunology in particular, needs no gainsaying. This expertise is clearly reflected in the lucid manner in which he has handled such a complex subject. This book is a ‘must read’ for the layman and professional alike.

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Read about preventing HIV and AIDS. Find out how to prevent passing on HIV to others by taking precautions, such as using a condom.

Treatment as prevention. When someone with HIV takes effective treatment it reduces their viral load to undetectable levels. This means the level of HIV virus in the blood is so low that it can't be detected by a test. Having an undetectable viral load for 6 months or more means it isn't possible to pass the virus on during sex. Lubricant can make sex safer by reducing the risk of vaginal or anal tears caused by dryness or friction, and can also prevent a condom tearing. Only water-based lubricant (such as K-Y Jelly) rather than an oil-based lubricant (such as Vaseline or massage and baby oil) should be used with condoms.

Bloodborne viruses. HIV and AIDS are viruses that infect cells of the human immune system and progressively impair their function. These risks are especially serious in prisons, with their high HIV prevalence, high TB prevalence rates and environmental conditions that include overcrowding, poor ventilation and poor light. Collaborative HIV/TB programmes aim to reduce TB-related mortality and morbidity among people living with HIV and to reduce HIV-related morbidity and mortality (see Chapter 8).

HIV prevention, treatment and care in prisons and other closed settings: a comprehensive package of interventions.