

continuing education classes, and chapter 14 covers “Careers in Insurance and Insurance Education.” Chapter 3 is devoted to “The Insurance Industry: Almanacs, Fact Books, and Statistics; Databases; Dictionaries and Encyclopedias; Directories; Handbooks; and Associations.” Chapter 4 offers fascinating information on “The History of Insurance,” including individual company histories. Chapter 5 covers “Insurance Law,” and chapter 6 covers “International Insurance.” Chapter 7 is devoted to “Actuarial Science,” which can be considered “insurance mathematics”; and chapter 8 covers “Risk Management.” Chapter 9’s “Health Care Reform and Health Insurance” has one glaring omission: *The Medical Library Association Guide to Answering Questions about the Affordable Care Act*, edited by Emily Vardell, is not included.

The remaining chapters are resources of information on specific types of insurance: Chapter 10, “Annuities and Life Insurance”; chapter 11, “Property/Casualty Insurance, Catastrophe Insurance, and Liability Insurance”; chapter 12, “Employment and Related Insurance: Disability, Employment Benefits, and Workers’ Compensation; Social Insurance and Social Security; and Employee Benefits and Retirement Plans”; and chapter 13, “Bank and Financial Insurance: Bank and Credit Insurance and Risk Management; Economics and Insurance; and Finance and Investment Advisory Sources.”

There are five appendixes. Appendix A is a twenty-six-page list of “Abbreviations and Acronyms”; Appendix B lists “Insurance, Risk Management, and Actuarial Associations and Agencies”; Appendix C covers “Selected Insurance, Risk Management, and Actuarial Studies

Journals”; Appendix D lists “Insurance, Actuarial Science, and Risk Management Schools and University Departments”; and Appendix E covers “Selected Major Business and Insurance Libraries.” The work ends with an eighteen-page index.

Each and every one of us is affected by one or more types of insurance in both our personal and professional lives. With the one noted exception, this is an excellent and seemingly exhaustive resource for any libraries that need information in this specialized area.

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Robins, Perry, and Perez, Maritza. **Understanding Melanoma: What You Need to Know.** 5th edition. New York, NY: Skin Cancer Foundation; 2015. 95 p. \$35.00 (Amazon), \$17.50 (Lulu.com), \$2.99 (eBook on Lulu.com). ISBN: 978-1-329-30798-8. ©

This work constitutes the fifth edition of this consumer health guide, written by physicians, Perry Robins and Maritza Perez. Robins, the founder and president of the Skin Cancer Foundation, holds the position of faculty emeritus at the New York University Medical Center and has published extensively on dermatologic surgery. Perez, senior vice president of the Skin Cancer Foundation, is an associate professor of clinical dermatology at Mt. Sinai Icahn School of Medicine and served as a Fellow

with Robins. Robins founded the Skin Cancer Foundation <<http://SkinCancer.org>> in 1979 with the mission to decrease the incidence of skin cancer through public and professional education and research. This edition features expanded chapters on the latest diagnostic and treatment options and updated sections on the genetics and statistics regarding the deadliest form of skin cancer. Much has changed since the first edition of this book in 1996. The fourth edition from 2010 is now significantly out of date.

In cancer research, melanoma continues to be a primary area for bench-to-bedside achievements. In particular, rapidly growing genetics research has resulted in focused treatments. Immunotherapy and chemotherapy regimens targeted for BRAF and C-KIT mutations have been two of the most fruitful so far in achieving remissions and longer life for advanced melanoma patients. The chapter on treatment advances details recent Food and Drug Administration–approved medicines, such as checkpoint blockade therapies. This chapter explains the available treatments, much as would a review article in a nursing journal. Patients attempting to read this chapter will have a lot of questions to take back to their physicians.

Likewise, the chapter on making the diagnosis, though not nearly as extensive, includes updates on the newest technologies to increase ease and accuracy of melanoma diagnosis. The explanations of some of the techniques provide a base for understanding the disease process. Some of the diagnostic modalities mentioned may lead consumer-level readers to ask questions of their health care providers.

Another expanded chapter is the section on genetics. If consumers have obtained their raw genet-

ic data from any source, the genes mentioned in this chapter may be valuable in further personal research. The expanded glossary assists in understanding the terms in this and the aforementioned diagnosis and treatment chapters.

Despite the complexity, the authors have tried to explain the treatments and the genetics underlying the major progress in remission and recurrence resulting from the targeted therapies. Other consumer health books on melanoma have not attempted such comprehensive explanations. The authors are to be commended on this attempt.

Additionally, the book covers the four types of melanoma and causes, risk factors, staging, prognosis, guidelines for prevention, and tools for self-care. In these sections, the writing is less technical. For instance, the authors clearly define “in situ.” They include numerous helpful illustrations, such as body site maps for men and women, pictures distinguishing melanoma and other skin cancer types, lymphatic system maps, Mohs surgery step by step, skin coloring types, and historical graphs. The self-examination chapter provides clear instructions, including sizing charts for moles and diagrams for monthly self-exams. In the chapter on early warning systems, the authors include not only the “ABCDE” scale, but also the “Ugly Duckling Sign.” Authors provide illustrations on how to determine which mole or other skin lesion could be an ugly duckling, defined as a lesion that presents either initially or evolves over time to be different from the patient’s other skin lesions. Other additions are the “CUBED Guide for Nail Melanomas” and the “EFG Rule for Nodular Melanomas.” Discussion of how a lesion might evolve and details on early

signs can increase the patient’s confidence in opening a discussion with a health care provider. In the section on numbers, the authors describe patterns for the development of melanoma according to different gender, racial, age, and geographic factors. They focus on the increasing risk of developing melanoma both historically and over a lifetime.

The last three chapters engage the reader with suggestions for coping, prevention, and support organizations. Strong emphasis on the value of support groups, keeping a positive attitude, and keeping up with research provide the patient with means for self-care. The safe in the sun chapter emphasizes the value of protective clothing, sunscreens, the UV Index, and avoidance of all tanning. The guide to information sources and support groups contains up-to-date links and contact information for reputable organizations. A new section on the twenty-five most frequently asked questions (FAQs) provides abbreviated answers to material already covered in the book. Along with the cross-reference index, these FAQs enhance understanding of the more detailed treatment and diagnosis sections.

The authors cite the sources for their photographs and illustrations, most of which originate from their website or previous works. Robins has also written consumer health guides on *Understanding Actinic Keratoses* (Physicians Continuing Education Corporation; 2002. ISBN: 978-0971315150), *Understanding Squamous Cell Carcinoma* (Skin Cancer Foundation; 2006. ISBN: 978-0962768859), and *Understanding Basal Cell Carcinoma* (Skin Cancer Foundation; 2006. ISBN: 978-0962768866). Besides these citations for illustrations, no other citations are provided for content.

The authors clearly express a strong desire to educate patients about their options, their opportunities to prevent and manage the disease, and their choices in treatment and coping with the illness. Quotes by celebrity melanoma survivors, Tom Selleck and Sam Donaldson, adorn the back cover.

This book is recommended for consumer health collections in health sciences libraries and for health collections in public libraries. Undergraduate and secondary school libraries may also find it valuable. This new edition complements Catharine M. Poole’s *Melanoma: Not Just Skin Cancer* (CreateSpace Independent Publishing; 2015. ISBN: 978-1502446558).

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Vardell, Emily, ed. **The Medical Library Association Guide to Answering Questions about the Affordable Care Act**. Lanham, MD: Rowman & Littlefield; 2015. (Medical Library Association Books.) 96 p. \$32.00. ISBN: 978-1-4422-5537-1. ☉

The *Medical Library Association Guide to Answering Questions about the Affordable Care Act (ACA)* is a brief guide on the topic of providing reference on the ACA for librarians. While put out by the Medical Library Association, its focus is mainly on public and consumer health librarians, although health sciences and aca-