book delivers a concise overview of physiology, which remains a foundational pillar of medicine. A deeper understanding of any of the topics requires further reading in additional resources. Fourth, to me, this is one of the most useful basic physiology books that I have seen in some time, and I will keep it handy for frequent review in the future.

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How Gut and Brain Control Metabolism provides a state-of-the-art review of gut and brain axis physiology and pathophysiology with an emphasis on obesity. The book provides a comprehensive overview of the pathways, molecules, and microbes that interact to regulate metabolism. Throughout the text, the vast array of hormones and circuitry are well-organized and elucidated. An emerging theme in gut–brain research is the criticality of the blood–brain barrier as a check point and gatekeeper, and its parallel role to the gut's transepithelial barrier. Compromises in their integrity are involved in various inflammatory and metabolic diseases. The complexity and importance of the blood–brain barrier as a portal to the brain, and its influence by gut hormones in health and metabolic diseases (obesity, diabetes), are well presented. The text does a splendid job of connecting disordered brain health with obesity via dysregulation of insulin sensitivity, glucose regulation, and triglyceride metabolism while advancing our understanding of the role of sleep deprivation in contributing to disease. Given the revolution in gut microbiota in health and disease, I was disappointed personally that the coverage of this topic in the text was limited to one chapter with honorable mentions dispersed throughout the text. Rather, more seemingly esoteric data are covered for the Prader–Willi syndrome as a human model of hyperphagia, an overview of neuropeptides involved in metabolism, such as peptide YY, and more specialized research-oriented topics such as "Nurtropioids Regulate Gut–Brain Circuitry Controlling Food Intake," "Should We Consider Des-Acyl Ghrelin as a Separate Hormone and If So, What Does it Do?", and "Obestatin: Is it Really Doing Something?"

The editors, in good taste, elucidate the role of gut taste receptors, their hormones and all-encompassing role in metabolism, which is becoming a hot topic in this genre.

How Gut and Brain Control Metabolism surprisingly contains only 32 figures (22 in color) and 3 tables for a subject of this complexity and magnitude. The illustrations vary in their complexity and artistic quality from chapter to chapter, although data figures and depictions derived from research papers are easy to follow and a few well-designed and original schematic illustrations are quite informative and delightful to read. The formatting variability between chapters resides mainly in the presence and quality of figures; copy format, flow, and English are quite good. The collection of authors is European based and represents outstanding researchers in their fields of interest. Overall, the editors do a very nice job of orchestrating copy in a logical order to provide an overarching theme of how the gut and brain communicate and its effects on metabolism in health and disease. The addition of discrete chapter numbers should be adjusted in the next edition. In terms of content, I was disappointed that only a very short chapter (8 pages) was devoted to the potential role of the gut microbiota in regulating metabolism. The research on the gut microbiome and its importance in regulating metabolism could itself occupy a textbook. Instead, this book comprises a compendium of research on enteric hormones and their influence on brain activity and metabolism. This is in keeping with the book series on Frontiers of Hormone Research, focusing on the many molecules and circuits that govern gut–brain communications.
Bottom Line: How Gut and Brain Control Metabolism is a delightful reference guide that will find a welcomed place on the bookshelf of those with an interest in neuro-gastroenterology and its impact on metabolism.

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Website Review: Review of Patient-Oriented Websites for Colorectal Cancer Screening

Screening for colorectal cancer (CRC) is a widely recommended preventive service that has been underused traditionally. Recent data suggest that only two-thirds of eligible individuals have been screened for CRC (www.cdc.gov/media/releases/2013/p1105-colorectal-cancer-screening.html). Thus, continued efforts to increase screening are needed. In some health care systems, however, efforts to promote screening have resulted in overuse. This is particularly true in older and less healthy patients, for whom screening may provide limited benefit. Thus, efforts are needed to not simply increase screening use, but more specifically to increase screening use in the right patients. In this review, we examine the content and usability of 5 patient-oriented websites on CRC screening. We focused on the quality of educational information on CRC and screening, presentation of different screening options and their benefits and harms, and whether the presentation of data was tailored to individual benefit.

http://www.cancerscreeningdecision.org/

This website, developed by established investigators at the University of Sydney in Australia, is a true decision aid for individuals who are considering CRC screening. The site provides well-organized, educational information about CRC and screening, clearly describes the pros and cons of fecal occult blood testing (FOBT), and asks the patient to express his or her preferences for screening. It also presents personalized information on screening benefits and harms, according to age and gender. This information is presented using pictographs, which are evidence-based risk communication graphics. Although the site has many strengths, its primary shortcoming is its length and formatting. In particular, the amount of text per page may be overwhelming for some patients. It is also somewhat out of date, only considering data through 2006, and it does not present screening options other than FOBT.

http://decisionsupport.unc.edu/CHOICE6/

This website, developed by experienced investigators at University of North Carolina, presents educational and promotional information for colonoscopy and FOBT in an interactive video-based format. It takes roughly 10–15 minutes to complete and presents information in a way that is easy to understand by patients. Information about CRC and screening tests is relatively complete, including both benefits and harms, and is reinforced through brief testimonials from patients and brief interviews with physicians. Additionally, the website is not open for public use (although the investigators can be emailed for access). Furthermore, it does not present the pros and cons of the option of not screening, and the information is clearly framed to be persuasive toward undergoing a screening test. Finally, the website and information does feel slightly dated (stool testing is a guaiac-based test, and the video quality could be improved).

http://www.cdc.gov/cancer/colorectal/sfl/

This website is part of a national screening promotional campaign from the US Centers for Disease Control and Prevention (CDC). The site contains a vast amount of educational information for both patients and health professionals on CRC, risk factors, the benefits of CRC screening, different screening methods, and even epidemiology. It also contains promotional material aimed at patients, such as videos, posters, and educational pamphlets. These promotional materials are well-written, professionally produced, and are at an appropriate language level. The main shortcomings of this site are its lack of information on screening-related harms and its navigational structure. In particular, the site is designed to be persuasive rather than informative. Furthermore, information that is more suited for health professionals is not well-segregated from information aimed at patients.

http://www.colorectalcancer screening4u.com/

This website, developed by well-regarded investigators at Boston University, seeks to provide educational information about CRC, screening, and the various testing options. It provides detailed information about the attributes of various screening tests and includes video testimonials from patients. Although the site is more balanced in its presentation of screening harms than the CDC site, it still feels persuasive. It also does not provide any individualized information about benefits and harms.

https://www.healthwise.net/cochrane decisionaid/Content/StdDocument.aspx?DOCHWID=aa69121

This website, produced by Healthwise, is also a type of decision aid. It includes educational information about CRC screening and various screening tests, asks the user to express his or her attitudes and preferences, and summarizes the user’s responses to help them arrive at a screening