

Deja Review USMLE Step 1, Second Edition
by **John H. Naheedy and Daiel A. Orringer**
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This is a considerable medical reference for medical students, as well as other scientists interested in medical science and technology. The volume covers the basic principles of medicine right through the medical diagnosis in a methodical fashion.

Typical parts of the body are described in some detail for each of the major systems. i.e.

- From which embryonic layer is the muscle and connective tissue of the respiratory tract derived? *Answer- Mesoderm*
- In neuroscience, the text asks us to name the structure in the spinal cord composed of ascending fibers of the dorsal column medial lemniscus pathway originating in the upper extremities. *Answer- Cuneate fasciculus*
- In cardiology, which is the site of the highest resistance in the cardio system? *Answer- Arterioles*
- In pulmonary science, name the volume which can be forcibly expired in 1 second after maximal inspiration? *Answer- Forced expiratory volume or FEV*
- Make the diagnosis of a 33 year old epileptic with recent loss of consciousness presenting a fever and cough with purulent, putrid sputum... *Answer- Aspiration pneumonia*
- Name the pancreatic enzymes responsible for starch digestion. *Answer- alpha - Amylase*

There is an interesting section on medical contributors and medical student reviewers. I would consult with the medical contributors on any errors encountered in the text. The contents boil down the extensive classwork into an understandable recitation of technical medical terms which must be known and understood for the medical exam success. Beyond the exam, this volume is a terrific supplement to the personal medical library. The volume is in my own personal medical library right now. The medical contributors are from the University of California.

This book could be purchased earlier in the medical school experience in order to emphasize areas tested on the USMLE across the entire curriculum instead of a few months just prior to the formal medical exams. Another reason to utilize this book throughout the curriculum would be to consult with teachers on the precision and contexts of the medical terms and abbreviations employed.

The medical profession itself could consider incorporating more nutritional science into the curriculum. This step would provide a better framework for integrating conventional medicine with known dietary protocols noted for having an absence of classic diseases found in the West. i.e. heart, diabetes and others

Superlearning by Schroeder/Ostrander 2000 would be a good supplement to this book. Superlearning is a compendium of advanced learning techniques aimed at facilitating the learning process. The work shows how to break down complicated assignments into smaller segments. I have found Superlearning very helpful in dissecting very complicated and technical subject matter by breaking down the task into snippets or smaller pieces.