

BOOK REVIEW

Peter R. Stout,¹ Ph.D.

Review of: *Beating Drug Tests and Defending Positive Results: A Toxicologist's Perspective*

REFERENCE: Dasgupta A. *Beating drug tests and defending positive results: a toxicologist's perspective*. New York, NY: Humana Press, 2010, 152 pp.

Beating Drug Tests and Defending Positive Results: A Toxicologist's Perspective is a solid, basic overview of workplace drug testing and specifically the arena known as sample validity testing. The book is well written and reasonably referenced. It is a good text for student toxicologists or those who need a well-rounded text about sample validity testing in workplace drug testing, but are not involved in the analysis or interpretation of such results. As an overview text, it is necessarily general and the overview chapters of Pharmacology of Commonly Abused Drugs and Workplace Drug Testing: SAMHSA and Non-SAMHSA Drugs are quite simplified, making these chapters useful for those professionals who need overview. However, these chapters are too basic to be relied upon for more direct practitioners.

The book is organized starting with a general overview of workplace drug testing and how and why individuals attempt to subvert drug tests. Chapters are included on basic pharmacology and workplace drug-testing methodology. These are followed by a chapter on dilution and substitution and a chapter covering the use of

household chemicals and other oxidant adulterants. There is a chapter addressing the adulteration of alternative matrices, specifically hair, oral fluid, and sweat.

After the more laboratory methodology-based portion of the book, there are chapters discussing the defense of cannabinoid positive samples, cocaine positive samples, and amphetamine positive samples. Lastly, the book concludes with a chapter about the potential for over-the-counter and prescription medications to impact workplace testing. The book has a limited index and readers may find that it requires searching both the table of contents and the index for a particular topic of interest.

The book covers a substantial topical area and attempts to address sample validity testing and test subversion as well as some other drug positive defenses such as passive exposure to cocaine. These discussions are of limited use for a laboratory scientist or attorney involved in drug-testing issues as they are basic. However, these discussions could be very useful for the non-laboratorian managing a workplace drug-testing program to help them better formulate questions and understand discussions with an appropriate expert. Tools such as this book help improve understanding of a very complex topic for a range of readers and are very useful on both an expert and non-expert's book shelf.

¹Center for Forensic Sciences, RTI International, 3040 Cornwallis Road, Research Triangle Park, NC.