



ELSEVIER

Disease prevention

The diversity seen in Family Medicine is matched by no other specialty. In single day, a family physician can see people at the far ranges of the life span, perform minor surgeries, participate in a community program, and see people with illnesses varying from strep throat to inflammatory bowel to diabetes to depression. To address all of the patients and diseases requires a very special skill set and ability to communicate on many different levels. One of the most important roles a family physician has is in the vigilant art of disease prevention. With so many diseases to manage, keeping up on the latest guidelines can be a full time job in and of itself. Preventive screening and counseling can include family counseling on weight, risk factor reduction, and engagement in proper screening programs.

In this issue, we have a variety of interesting articles that address disease prevention. Mark Kaufman, DO, and Michelle Kaufman, JD, provide a review on colorectal screening. They discuss the current guidelines for screening and review the pathogenesis of colorectal cancer and how knowledge of this helps with risk factor reduction. They also highlight that primary care physicians have been driving screening recommendation adherence. Finally, we have a review on the effects of high-altitude exposure. Robert Suter, DO, and Monica Kalra, DO, provide an overview of this common condition of travelers and review its spectrum and treatment from minor symptoms to severe health implications.

David Skillinge, DO, provides a review article on benign prostatic hypertrophy (BPH). He reviews the pathophysiology of the disease and discusses the controversies in the recommendations for prostate cancer screening. He also reviews the role of imaging in BPH and discusses treatment for this condition. Student Doctor Lee-Guzmin presents original research on the prevalence of type vitamin B₁₂ deficiency in a largely minority population and discusses the potential impact of this problem.

This issue also has an interesting case report written by Rita Patel, OMS4, Rebecca Alsip, DO, and Ginger Boyle, MD. This report discusses a case of a malignant seminoma that presents as a deep vein thrombosis.

We have continued our service of providing a patient handout. This issue has a handout on testicular cancer and testicular self-exams.

In addition, we are delighted to provide a supplement on the modern treatment of type 2 diabetes. In this supplement Drs. Joy, Freeman, and LaSalle provide a comprehensive look at a tailored approach to type 2 diabetes and how to use different treatments based on personal characteristics and stage of disease. They focus on the incretin system and its effects on the pathogenesis and opportunities for treatment in type 2 diabetes.

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