



Osteopathy for the Over 50s

by Nicette Sergueef, DO and Kenneth Nelson, DO

Reviewed by: William H. Stager, DO, MS, MPH, FAAFP, FAAMA, FAAO, FACOFP
 Clinical Professor, Dept. of Family Medicine, NSUCOM;
 Clinical Assoc. Professor, Dept. of Family Medicine, LECOM

This is a welcome addition to our Osteopathic literature and the library of any Osteopathic student or physician. This husband and wife team are both professors at the Chicago College of Osteopathic Medicine, are internationally known educators and speakers, as well as prolific researchers and writers, individually and collaboratively counting over 100 papers and several textbooks published so far. The subtitle for *Osteopathy for the Over 50s* sums it up: “maintaining function and treating dysfunction” by applying Osteopathic principles within the total healthcare of our aging patients.

This easy-to-read textbook begins with a logical progression of an up-to-date review of relevant anatomy and physiology, with a special emphasis on the Osteopathic highlight and importance of the fascia, true to Dr. A.T. Still’s holistic vision. This is followed by a masterful description of our distinctive Osteopathic palpatory diagnostic and treatment perspectives and skills, leading the reader, with photographs and illustrations, through the steps of diagnosis and treatment emphasizing the aging patient.

The second half of the book is devoted to clinical considerations. Somatic dysfunctions cover major areas of the older patient: neuromusculoskeletal, postural imbalance, cardiovascular, respiratory, gastrointestinal, urogenital, autonomic, auditory and visual. Each chapter provides the interested reader

with a concise, scientific explanation, and a generous list of references, of various conditions within each of the above-mentioned systems, with a detailed description of the relevant autonomic contributions to the specific condition, such as hypertension, pneumonia, irritable bowel syndrome, etc. The Osteopathic physical examination and treatment is carefully described and reasoned from a holistic perspective, providing both the physician and patient with a thorough and satisfying experience. Each chapter then ends with “Advice to the patient”, always including the patient in the complete treatment prescription. Advice ranges from self-treatment modalities to diet, exercise, and addressing the always-important stressors in one’s life, physically, emotionally and spiritually.

The authors wisely emphasize the more gentle Osteopathic treatment techniques for the aging patient. These diagnostic and therapeutic treatment methods can be integrated into any treatment session, style, or specialty, giving them value to any physician who practices hands-on modalities. Drs. Sergueef and Nelson are a unique and highly respected team, combining the best of Osteopathic medicine, science, research, writing, and educating, and have left a lasting impact and legacy to students and physicians around the world. I highly recommend this book to Osteopathic physicians of all kinds who care to advance and enhance the science and art of hands-on healing and manual medicine.

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1. b 2. d 3. a 4. d 5. d 6. b 7. b 8. a 9. c 10. d

Address correspondence to: William H. Stager, DO, MS, MPH, FAAFP, FAAMA, FAAO, FACOFP, 311 Golf Road, Suite 1100, West Palm Beach, FL 33407; Phone: 561.832.1894; Fax: 561.832.1590; E-mail: whstager@gmail.com

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