

## Editor's Message

### *Drugs, Mood, Sex and Skin, Articles for a Generalist*

*Amy J. Keenum, DO, PharmD, Editor, Osteopathic Family Physician*

As a journal for osteopathic family physicians we seek to print articles related to common conditions or scenarios in general clinical practice rather than writings about rare exotic diseases. To that end, topics this month relate to the treatment of diabetes with a relatively new drug class, prescribing of statin medications, a skin condition related to summer and sun, mood disorders like depression, and sexual counseling in patients with cardiovascular disease.

A review of the use of Sodium Glucose Co-Transporter 2(SGLT2) Inhibitors in the treatment of diabetes and the role of renal function is a nice introduction to this group of medications. Their exact role in the treatment of diabetes remains to be seen. As with most new drugs, the initial studies compare the drugs to placebo but in reality patient outcomes are not compared to placebo but to what other available medicines do. Consideration of possible consequences of raising the urinary glucose content has to be part of the decision tree to prescribe these medicines as well as the need to consider estimated glomerular filtration rate (e-gfr).

The decision to prescribe statins or not to prescribe statins is made multiple times a day in the offices of osteopathic family physicians. The estimation of overall cardiovascular risk is key to deciding response to the lipid panels we order daily. Employer based insurance plans require patients in my region to have lipid panels drawn even though they are not indicated either by age or frequency. It is unlikely that these groups of patients are going to need statins if they have no comorbidities. Beyond that, the use of cardiovascular calculators are the standard of care in 2015 in patients who do not have diabetes, hypertension or known heart disease. The article in this issue uses several cases to illustrate key points to statin prescribing. This is an area where a well-designed electronic medical record could be helpful. It is a computer after all and calculations and lists are what computers do best.

Mood disorders are common in primary care and the article in this issue discusses the spectrum of mood disorders including dysthymia, unipolar and bipolar depression. It is a challenge to care for these conditions in a 15-minute appointment. As I find myself time challenged trying to cope with a first appointment with one or more of these conditions and I walk out of the room late for the rest of the day, it helps me better understand why psychiatrists and psychologists have longer initial booking times for psychiatric conditions.

Sexual counseling is fairly common in primary care and this issue includes an article on the topic of sexual counseling and cardiovascular disease. It outlines several assessment tools not handy in my office on a daily basis so the author is probably right that more training of primary care physicians is probably in order. The article talks about advising patients with angina, after a myocardial infarction, after bypass surgery, or ICD placement plus other conditions commonly seen in primary care when it is safe to have sex.

We are running a summer edition of common skin conditions with pictures. This month has a case of photodermatitis, which brings back memories of the time my family lived in South Florida and my father had a coworker who grew limes. The gentleman would bring to the office those that were too big to sell, and we made limeade by the gallon. One of my siblings developed a photodermatitis as a result. My parents were so impressed with the doctor's ability to diagnose this condition.

Let us know what you think of the dermatology section. We are trying to do a visual item like dermatology or radiology on a regular interval – of course depending on the quality of the submissions.



Amy Keenum, DO, PharmD  
Editor-in-Chief

Ronald Januchowski, DO, FACOFP  
Associate Editor



## 2015 CALL FOR PAPERS

***Osteopathic Family Physician* is the ACOFP's official peer-reviewed journal.**

The bi-monthly publication features original research, clinical images and articles about preventive medicine, managed care, osteopathic principles and practices, pain management, public health, medical education and practice management.

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### CLINICAL IMAGES

We are seeking clinical images from the wards that covers essential concepts or subject matter to the primary care physician. Please provide a brief synopsis of how the case presented along with 1-4 questions and approximately 1 page of education with reference to the image and questions.

### REVIEW ARTICLE TOPICS:

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| » Abnormal Loss of Weight                                 | » Erectile Dysfunction for the Family Physician | » Osteopathic Consideration in the Infections of the Respiratory Tract |
| » Anemia  | » Fertility & the Family Practitioner           | » Osteopathic Principles in Pain Management                            |
| » Chest Pain<br><i>(Request OMT component in paper)</i>   | » Managing the Problem Opioid Patient           | » Otitis Media, Acute  |
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|   |   | » Sleep Disorders and Treatments                                       |