



January 2012

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Patient Care

Ruxolitinib reduces symptoms of myelofibrosis

A study found that ruxolitinib does a better job than off-label chemotherapy drugs of reducing symptoms associated with myelofibrosis, including pain, anemia, fever, fatigue and weight loss. Ruxolitinib reduced spleen size by more than 35 percent in almost all of the 154 patients studied. [Read more.](#)

Healthy Aging and Independent Living Lab supports aging in place

The HAIL Lab helps seniors remain at home, healthy and independent, by providing a place for designing, prototyping, and piloting new services and technologies, with voluntary participation from Charter House retirement community residents. [Read more.](#)

Research

Dendrimers provide a vehicle for treatment for macular degeneration and retinitis pigmentosa

A study shows that steroids attached to nanoparticles called dendrimers target damage-causing cells associated with neuroinflammation, leaving the rest of the eye unaffected and preserving vision. [Read more.](#)

Researchers identify cereblon as a biomarker to improve treatment and patient outcomes in multiple myeloma

A specific protein known as cereblon is a primary mediator of the birth defects caused by thalidomide. Cereblon may also orchestrate the anti-tumor properties and be the primary therapeutic target for multiple myeloma. [Read more.](#)

Follicle-stimulating hormone suppression does not reduce bone resorption in postmenopausal women

Research supports the assertion that the rise in FSH that occurs with menopause does not itself lead to bone loss, so the development of pharmacologic approaches to diminish FSH secretion to limit bone loss is unlikely. [Read more.](#)

Nonagenarian study participants report high overall quality of life

Researchers found that participants' self-perceived quality of life, which they rated high regardless of cognitive functioning, often differed from their caregivers' perceptions. [Read more.](#)

Education

Pediatric Fundamental Critical Care Support (FCCS) Course

March 7-8, 2012

This course provides exposure to basic principles of pediatric critical care to enhance the ability of primary care practitioners to perform initial assessment, management and stabilization of critically ill pediatric patients in anticipation of transfer to a tertiary care center. Location: Rochester, Minn.

Contact: 507-293-1360 or [email](#)

8th Annual Mayo Clinic Women's Health Update

March 8-10, 2012

Gain comprehensive insight into relevant medical problems uniquely found in women and a basic approach to addressing and improving their common health concerns. Topics include breast cancer, urogenital atrophy, perimenopause, endocrine issues in pregnancy, heart disease, osteoporosis and bioidentical hormones.

Location: Scottsdale, Ariz.

Contact: 480-301-4580 or [email](#)

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Pain Medicine for the Non-Pain Specialist

March 8-10, 2012

This course updates critical issues in the management of chronic pain to address the international movement toward improved control in chronic noncancer and cancer pain, including evaluation of patients with chronic pain, recommended interventional and noninterventional therapies, and appropriate and safe use of prescription opioids.

Location: Marco Island, Fla.

Contact: 800-323-2688 (toll-free) or [email](#)

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Clinical Reviews 2012: 23rd Annual Family Medicine and Internal Medicine Update

March 21-24, 2012

Focus on clinical programs and management strategies in neurology, cardiology, gastroenterology, pulmonary and endocrinology subspecialties. Topics include postbariatric surgical patients, concussion assessment tool for sports evaluations, cardiac anticoagulants, hypertension guidelines, suicide risk assessment methods and lung cancer screening.

Location: Scottsdale, Ariz.

Contact: 480-301-4580 or [email](#)

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Community Internal Medicine in Arizona

[Timothy R. DeGrado, Ph.D.](#)

Radiology in Minnesota

[Elizabeth \(Liz\) A. Jaben, M.D.](#)

Laboratory Medicine and Pathology in Arizona

[Timothy K. McKone, M.D.](#)

Radiation Oncology in Minnesota

[Joseph \(Ross\) R. Mitchell, Ph.D.](#)

Radiology in Arizona

[Samir H. Patel, M.D.](#)

Radiation Oncology in Arizona

[R. Ross Reichard, M.D.](#)

Anatomic Pathology, Laboratory Medicine and Pathology in Minnesota

[William G. Rule, M.D.](#)

Radiation Oncology in Arizona

[Majid Shafiq, M.D.](#)

Hospital Internal Medicine in Minnesota

[Melissa L. Stanton, M.D.](#)

Laboratory Medicine and Pathology in Arizona

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