

March 2009

News and information from Mayo Clinic of general interest to physicians.

Regional News

- [Mayo Clinic in Arizona](#)
- [Mayo Clinic in Florida](#)
- [Mayo Clinic in Minnesota](#)

Clinical Trials

[Clinical Trials Open to Patient](#)

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- [Florida Referrals](#)
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Comments?

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Patient Care

American College of Surgeons Recognizes Mayo Clinic Hospitals for Exemplary Outcomes

The American College of Surgeons National Surgical Quality Improvement Program (ACS NSQIP) has recognized Mayo Clinic's Rochester Methodist and Saint Marys hospitals as two of the 26 participating hospitals in the United States that have achieved exemplary outcomes for surgical patient care. As a participant in ACS NSQIP, [Mayo Clinic hospitals](#) are required to track the outcomes of inpatient and outpatient surgical procedures and collect data that directs patient safety and the quality of surgical care improvements.

Mayo Physicians Discuss Studies on New Video Blog

Mayo Clinic experts explain new findings and discuss current trends on a new Web feature, [Physicians Update Video Blog](#). New videos will be posted regularly.

Two current topics:

- Eric Moore, M.D., discusses success of transoral robotic resection of tonsillar squamous cell carcinoma.
- Brian Weinschenker, M.D., talks about recent findings on posterior reversible encephalopathy syndrome.

Surgical Approach Reduces Recurrence of Papillary Thyroid Cancer

New debate on the extent of associated lymph node dissection has shifted the mindset of what determines a successful treatment for [papillary thyroid cancer](#).

In a study conducted at Mayo Clinic in Minnesota, 96 percent of patients treated experienced no recurrence of the cancer.

Cardiac Imaging Exams Not Recommended for People without Symptoms of Heart Disease

In the journal *Circulation*, an advisory committee said that [cardiac scans that use ionizing radiation](#) should, in all cases, be used judiciously, and are not recommended for people without chest pain or other symptoms who are at low risk for heart disease.

Mayo Clinic Researchers Assess the State of Stroke Telemedicine

[Stroke telemedicine](#) is a lifesaving practice that deserves further advancement, Mayo researchers write in the January 2009 issue of *Mayo Clinic Proceedings*.

[View abstract.](#)

Research

New Treatment Approach May be Needed for Management of Depression in People with Bipolar Disorder

Mayo Clinic researchers attempted to identify what factors make some people with [bipolar depression](#) more likely to experience treatment-emergent mania. Their findings were published in [The American Journal of Psychiatry](#).

Improving Brain Processing Speed Helps Memory, Research Shows

Mayo Clinic researchers found that healthy, older adults who participated in a computer-based training program to improve the speed and accuracy of brain processing showed [twice the improvement in certain aspects of memory](#), compared to a control group.

Mayo Invention Collaboration Focuses on New Treatment for Depression

Researchers at Mayo Clinic in Jacksonville, Fla., and Virginia Tech in Blacksburg, Va., have licensed new compounds to AstraZeneca for potential [new drug therapies to treat depression](#).

[Video interview](#) with Elliott Richelson, M.D.

Comparison of Microbial Communities in Average, Obese and Gastric Bypass Subjects Offers Clues to Body Weight Differences

A new Mayo study suggests that the composition of microbes within the gut may hold a key to one cause of [obesity](#) — and the prospect for future treatment.

New Elastography Test Aids in Diagnosing Hepatic Fibrosis

A new technology developed at Mayo Clinic, called [MR Elastography](#) (MRE), is showing promise in identifying hepatic fibrosis, a condition in which excessive tissue builds up in the liver and can lead to liver failure.

Receptors of Death: Apoptosis and Liver Injury

Apoptosis rids the body of old, diseased and malfunctioning cells. When unhealthy conditions surrounding the cell cause abnormal signaling and induce apoptosis, it aggravates disease and contributes to organ failure. Mayo Clinic researchers unravel mechanisms that may lead to [new treatments to protect people from liver injury](#).

Education

Symposium on the Role of Medical and Health Care Education in Reform Policy

April 26-29, 2009

Mayo Clinic will host a symposium on how medical and health care education must be transformed to achieve true health care reform. The three-day gathering will bring together leaders in health care delivery, medical and health care education, and research, as well as medical, nursing and health sciences students, to explore the policy changes needed to create a high-value, high-quality health care system.

Location: Rochester, Minn.

[Register Now](#)

Topics in Complementary and Alternative Medicine

April 23-25, 2009

The explosive growth in complementary and alternative medicine presents a unique challenge to physicians and other health care professionals tasked with helping their patients make informed health care decisions. Participants will study the historical and current practices, underlying principles and regulatory status of alternative medicine and learn to evaluate the scientific evidence available.

- Location: FireSky Resort and Spa, Scottsdale, Ariz.
- Contact: 1-800-528-7867 (toll free)
- E-mail: cme@mayo.edu

[Brochure](#)

Controversies in Cardiovascular Disease: Practical Approaches to Complex Problems: Medical and Surgical

May 2-3, 2009

A two-day course with a multidisciplinary perspective and discussion on the management of complex clinical challenges in cardiovascular medicine and surgery. Topics include heart failure, valvular heart disease, ischemic heart disease, aortic/vascular disease, atrial fibrillation and adult congenital disease. Faculty include leading clinicians in surgery and medicine from Twin Cities' practices and Mayo Clinic.

- Location: Saint Paul Hotel, St. Paul, Minn.
- Contact: 1-800-323-2688 (toll free)
- E-mail: cme@mayo.edu

[Brochure](#)

Health and Wellness Enhanced by Fitness and Sports

April 30-May 2, 2009

Addresses the national epidemic of obesity, inactivity and adverse medical consequences of having an unfit population. Physicians will learn a comprehensive response to improve the health and wellness of their patients. Topics include cardiovascular risk assessment, fueling for optimal performance (nutrition), physiological testing, complementary medicine's contribution, athletes with asthma, operating under pressure, psychological dimensions, restorative sleep and mental conditioning.

- Location: [IMG Academies](#), Bradenton, Fla.
- Contact: 480-301-4580
- E-mail: cme@mayo.edu

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13400 East Shea Blvd
Scottsdale, AZ 85259

Mayo Clinic
4500 San Pablo Road
Jacksonville, FL 32224

200 First St. SW
Rochester, MN 55905