



## October 2009

### Grand Rounds Online

New topics

"Abdominal Aortic Aneurysms: an Integrated Approach to Evaluation and Management"

"Nerve Signal Blocking as an Alternative to Bariatric Surgery"

[Watch Grand Rounds](#)

### Clinical Trials

[Clinical Trials Open to Patient Recruitment](#)

### Referring a Patient

[Arizona Referrals](#)

866-629-6362 (toll-free)

[Florida Referrals](#)

800-634-1417 (toll-free)

[Minnesota Referrals](#)

800-533-1564 (toll-free)

[Online Referrals](#)

### Comments?

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## Patient Care

### Transcranial Magnetic Stimulation for Depression

Transcranial magnetic stimulation (TMS) is a noninvasive alternative treatment for moderately treatment-resistant depressed patients or patients who are intolerant of antidepressant medications. During studies of TMS treatment for depression, adult patients and adolescents who also experience chronic pain have shown improvement in their pain.

[Learn more.](#)

### Behavioral Medicine Clinic Helps Problems Between Medicine, Surgery and Behavior

Patients with physical symptoms that are not easily explained or understood are the focus of the Behavioral Medicine Clinic, part of the Department of Psychiatry and Psychology. The treatment team explores behavioral, family and lifestyle elements in patients who have both medical conditions and depression, anxiety, or other psychological problems.

[Learn more.](#)

### Advances in BPH Treatment

Mayo Clinic offers several new alternative treatments for patients with benign prostatic hyperplasia (BPH), including photoselective vaporization of the prostate, holmium laser enucleation of the prostate and Botox injection.

[Learn more.](#)

### Evaluation of Diabetic Gastrointestinal Dysmotility

Approximately 75 percent of patients referred to a diabetes clinic have at least one gastrointestinal symptom, but such symptoms should not be ascribed to diabetes without appropriate evaluation.

[Learn more.](#)

### Single-incision Proctocolectomy and Ileal J-pouch Reconstruction

A 19-year-old Arizona woman is believed to be the second patient in the U.S. to have her entire large intestine removed via a single-incision, minimally invasive surgery. A new rectum (J-pouch) was constructed for the patient using the end portion of the small intestine. The J-pouch eliminates the need for permanent ileostomy.

[Learn more.](#)

## Research

### **Infliximab for Ulcerative Colitis**

Patients' most-feared outcome of treatment for ulcerative colitis is surgical removal of the colon. Treatment with infliximab reduced the need for colectomy by 41 percent in patients with ulcerative colitis in a recent Mayo Clinic study. Infliximab was already known to induce and maintain levels of clinical response and remission and valve healing. [Learn more and view video](#) of William Sandborn, M.D.

### **Mucosal Esophageal Adenocarcinoma (EAC) in Barrett's Esophagus**

Early stage cancers of the esophagus can be treated as effectively by less-invasive, organ-sparing endoscopic therapy as by surgical removal of the esophagus, a recent Mayo Clinic study found. Survival in patients with mucosal EAC when treated endoscopically appears to be comparable with that of patients treated surgically. Recurrent carcinoma can also be managed endoscopically. [Learn more.](#)

## **Education**

### **19th Annual Mayo Clinic Symposium on Sports Medicine**

Nov. 13-14, 2009

Learn about current integrated diagnostic and treatment strategies for patients with sports and musculoskeletal injuries through case presentations, lectures, video demonstrations and an audience response system. Topics include the evaluation and management of the unresponsive athlete and a mini-symposium on the hip.

Location: Rochester, Minn.

Contact: 800-323-2688 (toll-free)

E-mail: [cme@mayo.edu](mailto:cme@mayo.edu)

[View brochure](#)

[Register now](#)

### **Multidisciplinary Update in Breast Diseases**

Nov. 18-21, 2009

This three-day course provides a multidisciplinary update in the prevention, evaluation, diagnosis, management and treatment of benign and malignant breast diseases and survivorship issues. A pre-conference simulation workshop that discusses radioactive seed localized breast surgery as an alternative to wire localization is also available.

Location: Rochester, Minn.

Contact: 800-462-9633 (toll-free)

E-mail: [cme-jax@mayo.edu](mailto:cme-jax@mayo.edu)

[View brochure](#)

[Register now](#)

### **2009-2010 Obesity Series for Primary Care Physicians**

Dec. 12, 2009

Feb. 6, 2010

The 2009 series offers the latest medical and surgical options for the obese patient on Dec. 12, and the most recent information in preventive medicine on Feb. 6, 2010.

Location: Mayo Clinic, Walker Auditorium, Jacksonville, Fla.

Contact: 800-462-9633 (toll-free)

E-mail: [cme-jax@mayo.edu](mailto:cme-jax@mayo.edu)

[Register now](#)

## **Mayo Clinic Primary Care Update: Back and Neck Pain 2010**

Jan. 21-23, 2010

Medical considerations for the adult neck, shoulder and back pain patient are covered in this three-day course. Format includes lectures, independent study options, hands-on physical examination skills lab training and case studies. Two clinical tracks, low back pain and neck and shoulder pain, are offered.

Location: Disney BoardWalk Inn, Lake Buena Vista, Fla.

Contact: 507-284-2608 or 507-266-0940

E-mail: [cme-jax@mayo.edu](mailto:cme-jax@mayo.edu)

[View brochure](#)

Online registration not available; use brochure.

## **Selected Topics in Internal Medicine**

Jan. 25-29, 2010

Clinical pearls, mythbusters and internal medicine updates, including colon cancer surveillance, bioidentical hormones, C. difficile colitis and new FDA-approved drugs are included in this postgraduate update.

Location: [Waikoloa Beach Marriott Resort & Spa](#), Waikoloa, Hawaii

Contact: 800-323-2688 (toll-free)

E-mail: [cme@mayo.edu](mailto:cme@mayo.edu)

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