

## September 2009

### Grand Rounds Online

New topics

"Osteobiologics in Spinal Surgery"

"Cronkite-Canada and Other Noninherited GI Polyposis Syndromes"

[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?

We're interested in your [feedback](#) about this newsletter.

### Pass It On

Invite a friend to [subscribe](#) by forwarding this newsletter.

## Patient Care

### Use Telemedicine to Improve Stroke Care

A study led by researchers at Mayo Clinic in Arizona recommends using telemedicine to combat the rural-urban disparity in delivery of emergency stroke care. The five-year, hub-and-spoke plan calls for vascular neurologists, equipped with smart phones and laptops with webcams, to perform telemedicine consultations, review brain CT scans and discuss treatment with patients and physicians in rural emergency rooms.

[Learn more.](#)

### New Surgical Treatment for Apical Hypertrophic Cardiomyopathy

Apical myectomy can improve the functional status of patients with apical hypertrophic cardiomyopathy (ApHCM) who have limiting symptoms despite optimal medical treatment. A Mayo Clinic study found that the surgery decreases left ventricle (LV) end-diastolic pressure, which improves the effective operative compliance of the LV and increases stroke volume. Heart transplant has been the only therapeutic option available for such patients.

[Learn more and watch video](#) of cardiovascular surgeon Hartzell Schaff, M.D.

### Laparoscopic Colectomy Demonstration

Laparoscopic colectomy accounts for less than 12 percent of colectomies performed nationally. A clinical trial led by a Mayo Clinic physician demonstrates that laparoscopic colectomy offers several short-term benefits, including shorter hospitalizations, less pain and fewer complications, without compromising outcomes.

[Watch a demonstration of the procedure](#) by Robert Cima, M.D.

### Diabetic Nephropathy Update

Diabetic nephropathy is the most common cause of end-stage renal disease worldwide. Studies show that intensified therapy for diabetic nephropathy decreases progression and cardiovascular death. Adjunctive cardiorenal protective therapy is also key to successful outcomes.

[Learn more.](#)

### ICD Therapy Prevents Sudden Cardiac Arrest

Evidence supports implantable cardioverter defibrillator (ICD) therapy for prevention of sudden cardiac arrest, but the literature shows low utilization of ICDs. Mayo Clinic cardiologists have developed a system to identify at-risk patients and provide them with information about risk stratification and treatment options.

[Learn more.](#)

## Research

### **Diabetic Retinopathy**

Epidemiologic studies looking at the major risk factors for diabetic retinopathy have shown a consistent association between retinopathy and duration of diabetes mellitus; degree of hyperglycemia; and presence of hypertension, hyperlipidemia, pregnancy and renal disease. Most patients with diabetes mellitus have some degree of diabetic retinopathy after having diabetes for 20 years.

[Learn more.](#)

### **Gene Contributes to Two Different, Common Neurological Movement Disorders**

A single gene promotes development of essential tremor in some patients and Parkinson's disease in others, researchers at Mayo Clinic in Florida report. A variant in a gene involved in neuronal survival is the first proven evidence of a common genetic component in the development of both disorders.

[Learn more.](#)

## **Education**

### **Clinical Reviews 2009**

Oct. 26-28, 2009

Nov. 9-11, 2009

Learn about the latest recommendations involving medical subspecialties, including medicine, surgery, pediatrics and women's health. The comprehensive program consists of lectures, roundtables and in-depth panel and evening discussions of problems of general interest to primary care providers.

This activity has been approved for American Medical Association Physician's Recognition Award Category 1 Credits.

Location: Mayo Civic Center, Rochester, Minn.

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

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

[View brochure](#)

[Register now](#)

### **22nd Annual Epilepsy Update**

Nov. 7, 2009

The Annual Epilepsy Update follows an interactive and didactic format, using an audience response system for all case studies and presentations. Each session will conclude with an opportunity for participants to ask questions on the cases discussed or present their own cases to the faculty panel. Mayo Clinic and the Epilepsy Foundation of Arizona jointly sponsor this course in cooperation with Barrow Neurological Institute, Phoenix Children's Hospital and the University of Arizona College of Medicine.

Location: Ashton B. Taylor Auditorium, Mayo Clinic, Scottsdale, Ariz.

Contact: 480-301-4580

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

[View brochure](#)

[Register now](#)

## Geriatric Update for the Primary Care Provider

Nov. 12, 2009

Geriatric Update provides current information on the care of the elderly, including clinical evaluation, management strategies and innovative practice models. The update is offered by Mayo Clinic's Division of Community Internal Medicine. Time is allocated for questions and discussion. The course is intended for family practitioners, internists, general practitioners, advanced nurse practitioners and physician assistants.

Location: Leighton Auditorium, Siebens Building, Mayo Clinic, Rochester, Minn.

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

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

[View brochure](#)

[Register now](#)

[View all Mayo Clinic CME Courses](#)

[Newsletter Archive](#) | [Contact Mayo](#)

[Subscribe](#)

© 2009 Mayo Clinic. All rights reserved. [Terms of Use](#).

13400 East Shea Blvd  
Scottsdale, AZ 85259

**Mayo Clinic**  
4500 San Pablo Road  
Jacksonville, FL 32224

200 First St. SW  
Rochester, MN 55905