



## September 2010

### Refer 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](#)

### Grand Rounds Online

See videos of select Mayo Clinic [Grand Rounds presentations](#).

### Physician Update Video Blog

[View videos and abstracts](#)

### Clinical Trials

[Clinical Trials Open to Patient Recruitment](#)

### Continuous Medical Education

[Mayo School of Continuous Professional Development](#)

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## Patient Care

### Radical prostatectomy performed without incision

Natural Orifice Transluminal Endoscopic Surgery (NOTES) is a new surgical procedure that employs natural orifices as access points for cancer treatment. Specialists at Mayo Clinic in Arizona used NOTES to remove a patient's prostate and cancer successfully through his urethra. [Learn more.](#)

### Microstimulators offer less invasive treatment for refractory headaches

Occipital nerve stimulation is commonly used to treat migraines and cluster headaches that do not respond to conventional medications or treatment. Recent tests indicate microstimulators may offer a less invasive treatment that avoids the risk of lead migration. [Learn more.](#)

### Algorithmic approach helps determine when patients with PA require AVS

Determining subtype is critical in directing treatment in patients with primary aldosteronism (PA). Adrenal venous sampling (AVS) is essential to distinguishing between aldosterone-producing adenoma (APA) and idiopathic hyperaldosteronism (IHA), which should be treated medically and not surgically. [Learn more.](#)

### Sports Cardiology Clinic evaluates heart fitness

Athletic performance places extreme demands on the heart. A team of Mayo Clinic physicians and allied health professionals evaluates patients to identify potentially serious cardiovascular disorders and provide guidelines for training and performance improvement to ensure the heart is fit. [Learn more.](#)

## Research

### Researchers find modest weight gain may harm blood vessels

Endothelial cells control blood vessels' ability to expand and contract. Healthy young people who gain even 9 pounds of fat, specifically in the abdomen, may be at risk of developing endothelial cell dysfunction and coronary artery disease. [Learn more.](#)

### Risk of dementia varies for diabetics, nondiabetics

Researchers at Mayo Clinic in Florida found that in nondiabetics of Mexican ancestry, a low Aβ42/Aβ40 ratio or low Aβ42 may indicate impending dementia. In diabetic patients, vascular disease type pathology is more likely to cause dementia than is Alzheimer's pathology. [Learn more.](#)

**Wrist joint replacement techniques evolve from 1970s research**  
Mayo researchers' novel conceptualization of wrist instability paved the way for the emergence of advanced prosthetics. Today, orthopedic problems are translated into mechanical problems with engineering solutions—and then translated back into the clinical context and applied to patient care. [Learn more.](#)

**Regeneration may provide treatment for diabetes and heart damage**

Mayo researchers are exploring the potential of induced pluripotent stem cells (iPSC) in regenerating organs. Studies involve repairing damaged heart muscle and increasing insulin production in study animals to treat heart damage and type 1 diabetes. [Learn more.](#)

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## Grand Rounds

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New [Grand Rounds presentations](#) are available online.

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## Education

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**Update in Hospital Medicine 2010**

November 3-6, 2010

Hospital medicine is the fastest growing subset of internal medicine. Relevant discussion topics include cardiovascular disease, corticosteroids use, inpatient dermatology, glycemic control, and pain management.

Location: Tucson, Arizona

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

[View brochure](#)

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**Tenth Annual Nutrition and Wellness in Health and Disease**

November 4-5, 2010

Challenging issues related to healthy lifestyle behaviors that clinicians encounter in the ambulatory setting are addressed in this overview of the components of health promotion and disease treatment.

Location: San Francisco, California

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

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**Geriatric Update for the Primary Care Provider**

November 11, 2010

Mayo Clinic Division of Primary Care Internal Medicine offers current information on the care of the elderly, including clinical evaluation, management strategies, and innovative practice models for Parkinson's disease, congestive heart failure, C. difficile colitis, geriatric gait disorders, eye diseases, and sleep disorders.

Location: Rochester, Minnesota

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

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## **Professionalism in Health Care: A Call to Action**

November 11-13, 2010

Curriculum addresses opportunities and challenges in informing, teaching, learning, and assessing professionalism. Topics include teaching professionalism and addressing lapses, assessing and evaluating professionalism, and research around professionalism.

Location: Amelia Island, Florida

Contact: 800-462-9633 (toll-free) or [email](#)

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