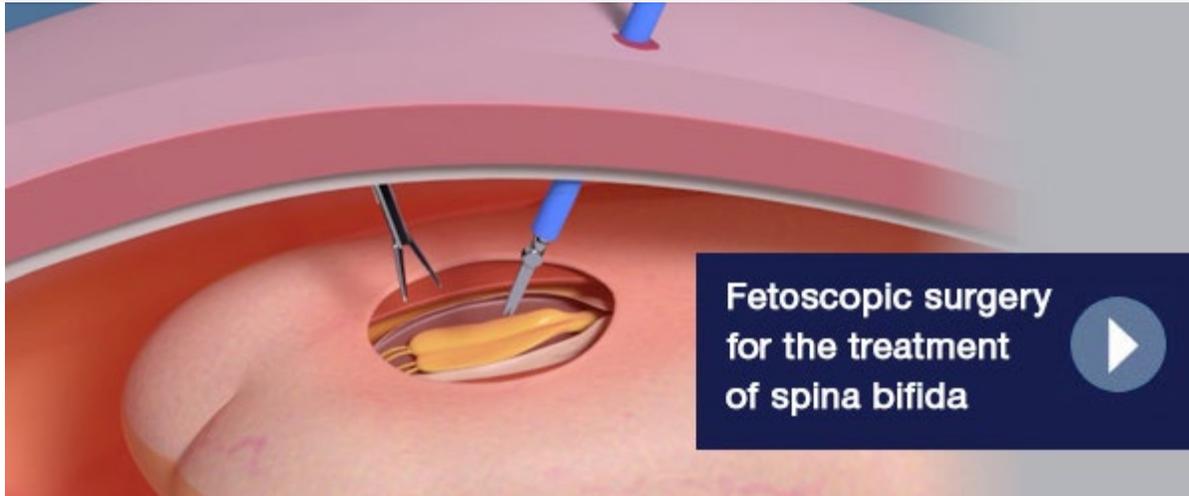


November 2019



## Patient Care

### [Mayo specialists offer safe, effective treatment options for female pelvic floor disorders](#)

Mayo Clinic's unique, multidisciplinary approach to managing sensitive female pelvic floor disorders allows for individualized decision-making and broad access to a multitude of treatment options.

### [Regenerative medicine offers single-surgery repair of knee cartilage](#)

The unique approach quickly provides sufficient cells to fill the patient's cartilage defect — without operating twice.

### [ESWT offers a safe and effective treatment option for athletes with chronic tendinopathy](#)

Extracorporeal shock wave therapy (ESWT) can reduce pain and promote healing in injured soft tissue without the lengthy recovery period associated with more-invasive treatment options.

### [Endoscopic anti-reflux therapy a good option for select patients with gastroesophageal reflux disease](#)

Barham K. Abu Dayyeh, M.D., M.P.H., answers key questions about transoral incisionless fundoplication and provides an overview of recent research findings evaluating the efficacy of this approach.



## Research

## Newly discovered autoimmune disease associated with testicular cancer

Testicular cancer-associated paraneoplastic encephalitis begins with a testicular tumor that appears to cause the immune system to attack the brain, causing severe neurological symptoms.

See all [Family Medicine](#) and [General Internal Medicine](#) Clinical Trials at Mayo Clinic



## Education

### 16th Annual Women's Health Update 2020

March 5-7, 2020, in Scottsdale, Ariz.

This conference addresses health issues unique to women. It highlights medical conditions that may affect women differently than men, thus requiring special prevention or treatment protocols.

### Clinical Reviews 2020: 31st Annual Family Medicine and Internal Medicine Update

March 18-21, 2020, in Scottsdale, Ariz.

Topics include management of type 2 diabetes, incidentally found pancreatic lesions, hyperparathyroidism and osteoporosis; pharmacogenomic testing; outpatient management of heart failure; new pharmacologic treatments; and inherited gastrointestinal cancer syndromes.

### Mayo Clinic Talks Podcast

Each month, Mayo Clinic specialists discuss a variety of topics helpful to primary care practice.

See all [Family Medicine](#) and [Internal Medicine and Subspecialties](#) Continuous Professional Development courses



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