

October 2019



Patient Care

[Novel techniques can manage back pain after back surgery](#)

Mayo Clinic's approach focuses on the sacroiliac (SI) joint, an underrecognized source of pain. The SI joint can react adversely to increased forces after spinal fusion.

[Minimal-touch protocol reduces device infection rates for men with severe stress incontinence](#)

Mayo Clinic's minimal-touch protocol for artificial urinary sphincter placement minimizes perineal and abdominal skin exposure to decrease the rate of device infection.

[4-minute protocol can detect whether young athletes have been concussed](#)

The Mayo Clinic Concussion Check Protocol can be used by parents or other adults on the sidelines to quickly assess whether a young athlete should be removed from play.

[Proactive approach helps avoid recurrent glomerulonephritis after kidney transplant](#)

Mayo Clinic's protocol involves close patient surveillance and early treatment of even clinically mild glomerulonephritis.



Research

Research explores association between IBD, family history and colorectal cancer

A large study demonstrates an elevated risk of colorectal cancer in individuals with inflammatory bowel disease (IBD) and in individuals with IBD who have a close relative with colorectal cancer.

Dog ownership may lead to better cardiovascular health

Results from the Kardiovize 2030 project indicate that, with the exception of those who smoked, dog owners were more likely to achieve recommended levels of behavioral cardiovascular health metrics than non-dog owners.

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Education

Updates in Family Medicine 2020

March 11-14, 2020, in Anaheim, Calif.

Mayo Clinic offers this course in collaboration with Kaiser Permanente. Highlights include recommendations involving medical specialties important to primary care that can be applied immediately in practice, plus many opportunities to interact with faculty.

Internal Medicine Pathways to MOC 2020

March 16-18, 2020, in Napa, Calif.

Mayo Clinic offers this intensive maintenance of certification (MOC) course in collaboration with Kaiser Permanente. Topics include the application of clinical reasoning to uncommon manifestations of common problems and common symptoms of uncommon medical problems.

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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