



PHYSICIAN NEWSLETTER

BEHAN HEALTH SCIENCE LIBRARY
JULY-AUGUST 2008

Review on Muscle Relaxants:

The August 1st issue of American Family Physician offers a useful review entitled "Choosing a Skeletal Muscle Relaxant." The authors discuss the two categories of muscle relaxants: antispastic (for conditions such as cerebral palsy) and antispasmodic (for musculoskeletal conditions). They also discuss the use of muscle relaxants for back and neck pain and provide key recommendations for practice.

For a copy of this article or any of the articles listed in the newsletter, please call Ann at 412-469-5786.

Update on Email Management:

If you're looking for the latest on coping with email overload, check out the article "Take Charge of Your Email!" (Cleveland Clinic Journal of Medicine, August 2008). The article provides information on outsmarting spammers (including "munging" and encoding your email addresses). The authors also discuss ways to prevent spammers from harvesting your email address, as well as advice for avoiding phishing schemes.

Invision Access in the Library:

We now have an icon on the physician computers in the library to enable you to access the Invision system. The icon is labeled "Net Access Prod."

Aspirin for Prevention:

A good overview that is geared toward patients appeared in the September 2008 Consumer Reports on Health, entitled "Aspirin for Prevention: 10 Key

Questions." The overview is layperson friendly and addresses common questions such as stopping aspirin before surgery, aspirin resistance, aspirin effects on asthma, and taking aspirin with other over-the-counter pain relievers.

Infective Endocarditis:

The newest American Heart Association guideline on infective endocarditis is more restrictive on the use of antibiotic prophylaxis, recommending it only for cardiac conditions with risks for complications and for selected dental procedures. A recent article from the journal Geriatrics ("Prevention of Infective Endocarditis: the New AHA guideline and the Elderly") provides a summary of the recommendations on prophylaxis for cardiac conditions, dental procedures, respiratory tract procedures, and GI/genitourinary procedures.

Alzheimer's in the News:

An experimental drug for Alzheimer's has caused excitement in the news this summer, as it is the first drug that shows promise for halting the progression of the disease. The drug, called Rember, works by breaking up the protein tangles that clog the brain. A news report from MSNBC.com, "New Alzheimer's Drug Shows Early Promise," provides details on the studies of the drug which is in the second of three stages of development.

Thought for the Day:

"Sandwich every bit of criticism between two layers of praise." – Mary Kay Ash