

RESOURCES

Want to read more?

Osteoporosis

- The latest guidelines from Osteoporosis Canada for diagnosing and managing osteoporosis focus on preventing fragility fractures and their negative consequences (see www.cmaj.ca/content/182/17/1864.full).
- In a guideline from Osteoporosis Canada, the authors discuss the use of vitamin D in preventing and treating osteoporosis, as well as nontraditional roles, and provide recommendations on dosing (see www.cmaj.ca/content/182/12/E610.full).
- Several models are available to estimate the risk of osteoporotic fracture in Canadian women. Fung and Kendler use a clinical example to show how they can be used in practice (see www.cmaj.ca/content/183/18/2129.full).

Depression

- Refugees to Canada are at higher risk than the general population for depression. The Canadian Collaboration for Immigrant and Refugee Health has developed an approach to diagnosing

and managing depression and other common mental health problems in refugees and newly arrived immigrants (see www.cmaj.ca/content/183/12/E959). For recommendations on other health needs, including diabetes, infectious diseases and contraception, in newly arrived immigrants and refugees, see www.cmaj.ca/content/183/12/E824.full.

- Migrant farm workers are also at a higher risk for depression, but major barriers may prevent access to and use of health care services. Pysklywec and colleagues present suggestions that may help health care providers serve this unique group (see www.cmaj.ca/content/183/9/1039.full).
- Many people with depression experience recurrent episodes. Who is at higher risk of having depression more than once? Colman and colleagues provide some insights (see www.cmaj.ca/content/183/17/1969.full).

Human papillomavirus

- The National Advisory Committee on Immunization has just released an

update on the use of human papillomavirus (HPV) vaccines that recommends that HPV vaccination programs be extended to include males between the ages of 9 and 26 years (see www.phac-aspc.gc.ca/publicat/ccdr-rmtc/11vol37/acs-dcc-8/index-eng.php).

Concussions and hockey

- For a look at the relationship between bodychecking and injury in youth hockey players, see www.cmaj.ca/content/183/11/1249.full.
- Johnson provides an in-depth analysis of concussion in youth hockey and makes some suggestions to reduce the risk (see www.cmaj.ca/content/183/8/921.full).
- The National Hockey League (NHL) and the NHL Players' Association launched a program to explore concussion in NHL players. A summary of their findings is available at www.cmaj.ca/content/183/8/905.full.

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More Practice online

Sickle cell disease

Although most sickle cell crises can be managed with fluids and analgesia, this 19-year-old man died from complications after emergency craniotomy for a space-occupying epidural hematoma. Images dramatically highlight the acute and chronic effects of sickle cell disease. — E. Bölke, A. Scherer

Postherpetic pseudohernia

A bulge developed in the left flank of an 80-year-old man after an episode of herpes zoster. After electromyography showed a related area of paraspinal muscular denervation, postherpetic pseudohernia was diagnosed. Consistent with this man's experience, most patients with this condition will recover completely within one year. — C.-T. Hung, W.-M. Wang

Longitudinally extensive transverse myelitis: a catastrophic presentation of a systemic lupus erythematosus flare

Widespread neurologic deterioration in a patient with systemic lupus erythematosus is a signal that the patient may have longitudinally extensive transverse myelitis. A medical emergency, this condition requires prompt diagnosis and treatment with immunosuppressants to improve prognosis. Infectious causes must be ruled out before treatment is started. — C. White, B. Leonard, A. Patel

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