

Family Medicine News and Information

April 30, 2019

'Toad Venom' Psychedelic May Rapidly Improve Depression, Anxiety.



A little-known psychedelic drug may improve depression and anxiety when administered in a structured group setting, new research suggests. Investigators studied over 350 adults who took 5-methoxy-N, N-dimethyltryptamine (5-MeO-DMT) — a rapid-acting synthetic psychedelic derived from toad venom with short duration of psychedelic effects — in a group ceremonial environment.

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Medscape Psychiatry News



Managing Diabetes in Older Adults: A Review of the Guidelines.

Even after 2 years, there are a number of questions that remain to be resolved, which will happen over time as people get used to this guideline. What's interesting and very important is that the guideline walks through various phases.

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Endocrine Society Editorial

Diagnostic Criteria for Peripheral Neuropathic Pain.



Peripheral neuropathic pain is among the most prevalent types of neuropathic pain. No comprehensive peripheral neuropathic pain classification system that incorporates contemporary clinical, diagnostic, biological, and psychological information exists.

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The Journal of Pain



5 Things to Know About Pediatric Acne.

The effects of acne on the quality of a child's life are comparable to those caused by such chronic diseases as asthma, seizures, and diabetes. The most common skin disease in teens, acne affects more than 80% of

adolescents by age 17 years. Although it typically begins in puberty, acne tends to have an earlier onset in girls (often by age 8 or 9 years), yet tends to be more severe in boys.

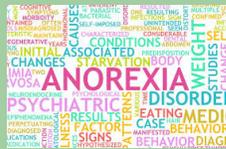
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Medscape Pediatrics

Four Tools to Help you Identify Patient Medications That Need to be Deprescribed.



More than a third of community dwelling adults age 62 to 85 take five or more medications, a situation called polypharmacy that can lead to adverse drug effects, medication nonadherence, increased mortality, higher cost, and functional impairment. Physicians can bring some order to this chaos through deprescribing, which involves identifying inappropriate or unnecessary medications and discontinuing them.

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AAFP FPM Journal



Predicting Menstrual Recovery in Adolescents With Anorexia Nervosa Using Body Fat Percent Estimated by Bioimpedance Analysis.

Resumption of menses is an important milestone in the treatment odyssey of anorexia nervosa. Using bioimpedance analysis, a well-validated, simple, portable, and radiation-free method, this study identified a cut-off point of 21.2% as the total body fat percentage needed for resumption of menses in adolescents with anorexia nervosa.

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Journal of Adolescent Health

5 Myths about Dry Eye Disease.



Dry eyes should not be dismissed as a minor inconvenience and something quickly remedied with over-the-counter eye drops. Dry eye disease is actually an impressively complex condition that significantly affects patients' quality of life. In fact, one study found that the self-reported impact of severe dry eye disease was similar to that of dialysis. You can improve your care of patients with this disease by addressing these five common myths.

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Medscape Ophthalmology

Upcoming Events



2020 Winter Family Medicine Update

**January 23 - 26, 2020
The Hilton Garden Inn
19677 E Jackson Dr.
Independence, MO 64057**

Family Medicine CME designed by and for family physicians!!

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