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from the executive editor

A look at this issue's table of contents shows that we are succeeding with our editorial board's mandate, which was to solicit more scientific articles from a wider range of healthcare providers and investigators in order to match the interest of our readers. Our authors include physicians, nurses, kinesiologists and others, and the diversity of our contributors provides us with material that is as equally varied.

We are particularly pleased to publish the article by Dr. Yang et al on Taiji and Qigong which was submitted by the Department of Kinesiology at the University of Illinois at Urbana-Champaign. Physicians and policymakers are looking seriously at the widespread benefits of these exercise and meditation programs for older patients. Some of these investigators' initial study groups have continued to practice for several years after the completion of the study because of their enjoyment of, and satisfaction with, Taiji and Qigong.

Our primary care reviewers were so enthusiastic about the paper on basal/bolus insulin administration that we have included the protocol on a tear out page so you can try it on your next diabetic patient whom you hospitalize. Enthusiasm among reviewers was also expressed for the paper on the use of mother's own milk for premature infants. The authors explain the development of a very effective program that led to significant increase in the use of mother's own milk and breastfeeding for high-risk and low birth weight premature babies. Our Subject Review section features a very practical paper on non-hormonal management of hot flashes based upon experience with oncology patients. The other paper describes how various artificial pacemakers attempt to reproduce normal cardiac conduction.

The CPC is definitely worth reading for its comprehensive discussion of specifically treatable causes of hypertension, which we used to call "secondary hypertension."

The Technology and Clinical Practice section delves into two specific software programs available to assist in differential diagnosis: Isabel and Visual Dx. Since both of these are commercial products and competing products are not discussed in these articles, CME credit is not available for them. However, they are both well worth reading. In fact, if you already have access to Isabel and have not used it, try Isabel on our current CPC case and our case report on renal artery thromboembolism.

The last paper in this section shows how the use of pre-printed forms at hospital admission reduces the chance of forgetting to institute thromboprophylaxis when it is needed.

There has been much interest in our regular section on Cultural Diversity in Medicine, from both our readers and our editorial board. The paper by Dr. Packard demonstrates how changes in communication in the ICU can very favorably impact patient care. Another example of this is our earlier paper

on mother's own milk where the results could never have been achieved without improved communication among diverse healthcare givers serving the same patient.

Finally, we are reprinting a previously published paper entitled "From Wedding Rings to Nose Rings... Generational Differences in the Workplace and in the Practice Setting." This has been our most requested reprint over the years and has even been incorporated into medical center classrooms. These generational differences partially explain variations in attitudes about work ethics and money between older and younger people—between older doctors and nurses and younger ones, between professional and support staff, between doctors and their patients, even between us and our children and grandchildren. Save this article so you can compare it to the update that will be presented in our spring 2008 issue.

Robert Zeiders, MD

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CARLE | SELECTED PAPERS

ORIGINAL RESEARCH

- Basal/Bolus Insulin Is Superior to Prevalent Methods of Diabetes Management on the General Medicine Service at a Regional Medical Center
- The Effect of Taiji (T'ai Chi)/Qigong (Ch'i Kung) on Balance in Older Adults
- Improving the Outcome of Premature Infants with the Use of Mother's Own Milk

SUBJECT REVIEW

- The Prevalence, Assessment and Management of Hot Flashes in Women without Hormones
- The Physiology of Cardiac Pacing

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CULTURAL DIVERSITY IN MEDICINE

CASE REPORT

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