

<u>EDITORIAL</u>

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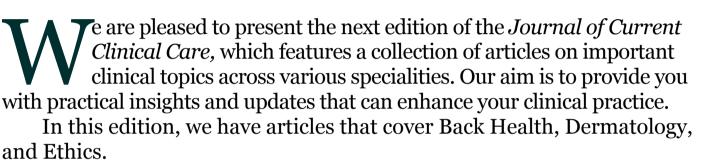






EDITOR'S NOTE

D'Arcy Little, MD, CCFP, FCFP, FRCPC Medical Director, JCCC and www.healthplexus.net



The Back Health CME Resource article, written by **Dr. Karlo M. Pedro, Dr. Francois Dantas, Dr. Peyton Lawrence, and Dr. Michael G. Fehlings** from the University of Toronto, focuses on *Current Concepts in Spinal Cord Injury: Pearls for Primary Care Management.* Traumatic spinal cord injury (tSCI) is a devastating condition that can lead to severe and permanent sensory, motor, and autonomic dysfunction, significantly impacting an individual's ability to function independently. Emergent trauma care including conducting a thorough neurological assessment, maintaining adequate blood pressure and adopting a multidisciplinary approach, is essential for optimizing neurological outcomes and addressing long-term complications.

In the Dermatology Resource article, **Dr. Joseph Lam** and **Manish Toofany** from the University of British Columbia provide a brief review on *Xerosis and Ichthyosis*. Xerosis is a common skin condition that becomes more prevalent with age and is a prominent feature in ichthyosis. Both conditions can have a considerable negative impact on the quality of life of patients. Management includes moisturization and taking preventive measures to maintain skin health and to prevent xerosis.

In his Ethics article, **Dr. Michael Gordon** questions *Are Head Injuries Especially Dangerous in Older Adults?*. And in his Medical Narratives **Dr. Michael Gordon** explores *Stethoscope Tales*.

We also want to highlight several podcasts in this edition, which we hope you find interesting and informative. **Dr. Marina Malak** presents a series on 'A Primer on Contraception' with her *3P: Pills, Pearls, and Patients* podcast. **Dr. Michael Gordon's** *Medical Narratives* podcast explores 'Frailty in the Elderly'. **Dr. D'Arcy Little's** *Inside Radiology: A Primary Care Perspective* offers MSK Imaging Part 1 and Part 2: The Shoulder and **Dr. Alykhan Abdulla's** *Med Talks: Beyond the White Coat* presents an Interview with Dr. Kathleen Ross.

We hope you find this edition informative and valuable in your clinical practice. As always, we welcome your feedback and suggestions.

