



ADVISORY BOARD

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EDITOR'S NOTE

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I am pleased to introduce the first issue of the Journal of Current Clinical Care for 2020!

Drs. Dakson and Christie present *Percutaneous Vertebral Augmentation for the Treatment of Pathological Fractures of the Spine*. Pathological vertebral fractures (PVFs) occur commonly due to osteoporosis or a metastatic lesion to the spine, and present with acute back pain and loss of independent ambulation. Appropriate clinical assessment and radiographic evaluation are required to ensure optimal patient selection for a percutaneous vertebral augmentation procedure (PVA). This review explores the pathogenesis of PVFs and the efficacy of PVA in improving pain-related outcomes as well as health-related quality of life scores in both osteoporotic and metastatic PVFs.

In his article, *How to Understand and Prevent Knee Injuries in the Female Athlete*, **Dr. Aly Abdulla** briefly reviews knee injuries that are more common in female athletes than in their male counterparts. There are many theories as to why this is the case. Using these theories, prevention strategies are provided to ensure the incidence of such injuries decrease over time.

Holly Clark offers an interesting article on *Caregivers Creating a Safe Home for Those with Dementia*. Caring for someone with dementia is never easy. In fact, many people often ask for support from other individuals who are also taking care of dementia patients. The first thing you should do is make some modifications in your home. People with dementia often see the world as a new and confusing place. Things can be scary every day. Therefore, it helps adjust the environment to suit their needs and make them feel as comfortable as they can. This article serves as a guide on how individuals can create a danger-free home for those living with dementia.

Dr. Michael Gordon, Emeritus Professor of Medicine from the University of Toronto offers a unique medical narrative *Tales from the Uber Scene* that recounts his experience using Uber to navigate around the city and the wonderful connections he makes with the drivers.

I hope you enjoy this latest edition. Please consider commenting or submitting an article of your own.