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EDITOR'S NOTE

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I am pleased to introduce the last issue of 2021 of the Journal of Current Clinical Care.

**Drs. Samuel Yoon, Tiffany Lung, and Albert Yee** present *Anatomy of a Lumbar Spine MRI: Indications for Imaging and Interpretation of Imaging for Surgical Referral*. Despite guidelines from multiple medical organizations including Choosing Wisely Canada, routine screening for low back pain symptoms with advanced imaging modalities such as Magnetic Resonance Imaging (MRI) persists. While sensitive, the high prevalence of asymptomatic or non-correlative degenerative findings limits their usefulness for routine screening. Given the constraints on Canadian healthcare resources this is a cause for significant concern. Lumbar MRI examinations should be ordered only with clear clinical indications and never for simple triage. Suitable indications include patients with symptoms of Cauda Equina Syndrome, suspected spinal malignancies, vertebral infections, or a progressive neurologic deficit correlating to a dermatomal and/or myotomal distribution.

**Dr. Pradeep Shenoy** an ENT & Neck Surgeon from Campbellton Regional Hospital in Campbellton, New Brunswick offers Part 2 of an *ENT Emergencies CME with a focus on Nasal Disorders*. After participating in this 4-part online CPD Program, physicians, residents and medical students should be able to:

- Recognize that most ENT emergencies can be managed in the ER or by family doctors with knowledge of ENT
- Review that it is important to manage patients promptly and effectively with basic ENT training
- Comprehend when to refer the patients to the ENT surgeon to prevent complications
- Recognize that a few basic investigations will prevent delay to see the patients by an ENT specialist
- Explain the most appropriate investigation to handle ENT treatment

**Dr. Marina Abdel Malak**, offers *MOVE IT! 'Prescribing Exercise' in Healthcare*. The benefits of physical activity are far reaching, ranging from cancer prevention to disease treatment. However, there may be confusion among healthcare providers regarding how to recommend physical activity to their patients: how long, what activities, and how to do it. This article briefly reviews the benefits of exercise, and details strategies physicians can use to encourage their patients to be physically active.

I hope you enjoy this latest edition. Wishing you a very happy holiday season!