



ADVISORY BOARD

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EDITOR'S NOTE

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Happy New Year! As we enter 2024, we are thrilled to announce our exciting plans for the *Journal of Current Clinical Care*. Our goal is to bring you the latest in medical research, advancements, and best practices.

We will be covering various specialties, including Urology, Dermatology, and Back Health, with a focus on providing practical insights and updates for clinical care.

For our Dermatology Resource, **Drs. Joseph Lam, Yvonne Deng and Amir Gohari** will be providing a brief review on *Urticaria*, including the treatment algorithm that focusses on the control of symptoms with antihistamines as the mainstay of therapy and immunosuppressive/immunomodulating therapies for severe cases.

For our Back Health CME Resource, **Dr. Simon Harris** will be discussing *Cervical Disc Arthroplasty: A Movement-Sparing Surgical Option in Cervical Disc Degeneration*. Degeneration of the cervical discs is a common problem and can cause compression of cervical nerve roots and/or the spinal cord. Over the past 20 years, Cervical Disc Arthroplasty (CDA) has been an increasingly viable alternative to the “Gold Standard” Anterior Cervical Decompression and Fusion (ACDF), after failure of conservative management in the appropriately selected patient. Single and multilevel CDA has a growing body of evidence to support its equivalency—and even superiority—to ACDF in long-term clinical outcomes.

Finally, in our Medical Narratives section, **Dr. Michael Gordon** will be sharing two pieces. The first explores the *Kevorkian's Legacy* and the second piece examines *Sexuality and Health*.

We also want to highlight three podcasts in this edition, which we hope you find interesting and informative. **Dr. Marina Malak** presents a series on Aging Prevention with her *3P: Pills, Pearls, and Patients* podcast. **Dr. Michael Gordon's Medical Narratives** podcast explores Transitioning to Congregate Living, and **Dr. D'Arcy Little's Inside Radiology: A Primary Care Perspective** offers MSK Imaging Part 1 and Part 2: The Shoulder.

We hope you will find this issue both informative and engaging, and we look forward to your feedback.