

## AUDIO - DIGEST

### FAMILY PRACTICE

(UP TO 2 CREDIT HOURS OF FREE CME)

\*AVAILABLE IN THE LIBRARY (CD AND CASSETTE)

### OFFICE URGENCIES AND EMERGENCIES

- VOLUME 56 ISSUE 46
  - MANAGEMENT OF PSYCHIATRIC EMERGENCIES
  - ENDOCRINOLOGIC URGENCIES: DIAGNOSIS AND MANAGEMENT

### OPTIMIZING HEALTH AND HEARING IN AGING PATIENTS

- VOLUME 56 ISSUE 44
  - THE SCIENCE OF ANTI-AGING AND HUMAN PERFORMANCE
  - THE AGING EAR

### MIGRAINE HEADACHE: DIAGNOSIS AND TREATMENT

- VOLUME 56 ISSUE 42
  - EPIDEMIOLOGY OF MIGRAINE
  - ENVIRONMENTAL FACTORS
  - PATHOPHYSIOLOGY
  - LIMBIC INFLUENCES
  - MIGRAINE WITH AURA
  - MIGRAINE PATIENTS
  - TREATMENT

### MODERN EPIDEMICS OF CHILDHOOD

- VOLUME 56 ISSUE 40
  - CHILDHOOD OBESITY: A PRACTICAL APPROACH FROM A BUSY CLINICIAN
  - AUTISM: EARLY DIAGNOSIS AND TREATMENT

### INFECTION PREVENTION IN CHILDREN

- VOLUME 56 ISSUE 38
  - VACCINES 2008: NEW GUIDELINES
  - GERM-PROOF YOUR PATIENTS: BEYOND ANTIBIOTICS AND VACCINES

### OPTIONS FOR A BAD NIGHT'S SLEEP

- VOLUME 56 ISSUE 36
  - INSOMNIA: PATHOPHYSIOLOGY AND DIAGNOSIS
  - MANAGEMENT OF INSOMNIA

### TOBACCO SMOKING CESSATION AND OBESITY

- VOLUME 56 ISSUE 34

- TOBACCO SMOKING CESSATION
- MANAGEMENT OF OBESITY IN WOMEN

### CLINICAL CARDIOLOGY

- VOLUME 56 ISSUE 32
  - RISK-FACTOR ASSESSMENT FOR HEART DISEASE
  - BEDSIDE CARDIAC PEARLS

### TASTE AND SMELL DISORDERS

- VOLUME 56 ISSUE 30
  - OLFACTORY ORGAN AND TASTE SYSTEM
  - EVALUATION
  - CAUSES OF SMELL LOSS
  - CAUSES OF TASTE LOSS
  - TREATMENT

### GERIATRIC MEDICINE: CHANGES IN MENTAL STATUS

- VOLUME 56 ISSUE 28
  - GRIEF AND DEPRESSION: MANAGEMENT PEARLS
  - DELIRIUM AND ALZHEIMER'S DISEASE

### INFECTIOUS DISEASES

- VOLUME 56 ISSUE 26
  - SEXUALLY TRANSMITTED DISEASES
  - NEW CHALLENGES IN TUBERCULOSIS

### ISSUES OF THE HEART

- VOLUME 56 ISSUE 24
  - ATRIAL FIBRILLATION
  - HEART FAILURE
  - REVASCULARIZATION SURGERY VS MEDICAL THERAPY FOR CARDIAC PATIENTS

### PAINFUL AND INFLAMED JOINTS

- VOLUME 56 ISSUE 22
  - RHEUMATOID ARTHRITIS
  - SPECTRUM OF RHEUMATIC DISORDERS

### ADVANCES IN DIABETIC CARE

- VOLUME 56 ISSUE 20
  - APPROACH TO MANAGING TYPE 2 DIABETES
  - DRUGS FOR TREATING DIABETES

### NEUROLOGIC PEARLS AND NUGGETS

- VOLUME 56 ISSUE 18
  - HEADACHES AND PERIPHERAL NEUROPATHY

- DEMENTIA, PARKINSON'S DISEASE, AND ESSENTIAL TREMOR
- STROKES AND SEIZURES
- MULTIPLE SCLEROSIS, SYNCOPE, AND CHRONIC FATIGUE
- ADDITIONAL THOUGHTS ON HEADACHES
- MORE ON STROKES, TIAs, AND DEMENTIA

### BITES, STINGS, AND TOXIC EXPOSURES

- VOLUME 56 ISSUE 16
  - INFECTIONS DUE TO INSECT BITES AND ANIMAL EXPOSURES
  - PROBLEMS RELATED TO PET BITES AND SHELLFISH
  - SPIDERS , STINGGRAYS, AND RATTLESNAKES

### ONCOLOGIC CONCERNS IN WOMEN

- VOLUME 56 ISSUE 14
  - HUMAN PAPILLOMAVIRUS AND CERVICAL CANCER
  - BREAST LUMPS AND MASSES

### ADVANCES IN PATIENT CARE

- VOLUME 56 ISSUE 12
  - DEEP VENOUS THROMBOSIS
  - MINIMIZING RISK OF SURGERY
  - ADVANCE CARE PLANNING

### THE HYPERTENSIVE PATIENT

- VOLUME 56 ISSUE 10
  - ROLE OF FIXED-DOSE COMBINATION THERAPY FOR HYPERTENSION
  - BLOOD PRESSURE CONTROL IN PATIENTS WITH METABOLIC SYNDROME
  - QUESTIONS AND ANSWERS

### OH DOCTOR, I HURT!

- VOLUME 56 ISSUE 08
  - ASSESSING AND MANAGING PAIN
  - DEPRESSION WITH PAIN
  - CHRONIC PAIN MEDICATIONS

### PANDEMIC PREPARATION/COPD

- VOLUME 56 ISSUE 06
  - PREPARING FOR INFECTIOUS DISEASE PANDEMICS
  - COPD: TREATING THE WHOLE PERSON

### CANCER: FROM BEGINNING TO END

- VOLUME 56 ISSUE 04
  - ADVANCES IN CANCER SCREENING AND CARE
  - ISSUES IN CANCER SCREENING

### OVERACTIVE BLADDER/FOOT PROBLEMS

- VOLUME 55 ISSUE 48
  - OVERACTIVE BLADDER
  - LIMP IN, DANCE OUT; FOOT PROBLEMS

### DIABETES MELLITUS

- VOLUME 55 ISSUE 46
  - CARING FOR DIABETIC PATIENTS
  - EVALUATION OF DRUGS FOR TREATING DIABETES AND PREDIABETES

### ENT PROBLEMS/BACK PAIN

- VOLUME 55, ISSUE 44
  - COMMON PROBLEMS IN OTORHINOLARYNGOLOGY
  - BACK PAIN

### DERMATOLOGIC DILEMMAS

- VOLUME 55, ISSUE 42
  - FREQUENTLY MISDIAGNOSED PROBLEMS REFERRED TO THE DERMATOLOGIST
  - COMMON SKIN DISORDERS

### HAZARDS AND EMERGENCIES

- VOLUME 55, ISSUE 40
  - OCCUPATIONAL AND ENVIRONMENTAL HAZARDS
  - MEDICAL EMERGENCIES

### GASTROINTESTINAL DILEMMAS

- VOLUME 55, ISSUE 38
  - IRRITABLE BOWEL SYNDROME
  - GASTROESOPHAGEAL REFLUX DISEASE

### HIV AND AIDS: WHAT DO WE KNOW?

- VOLUME 55, ISSUE 36
  - HIV UPDATE
  - ADDITIONAL THOUGHTS ON HIV

### FOOD FOR THOUGHT

- VOLUME 55, ISSUE 34
  - EVIDENCE BASED NUTRITION
  - FAD DIETS

### ASSESSMENT & MANAGEMENT OF HEART FAILURE: CASE PRESENTATIONS

- VOLUME 55, ISSUE 32
  - CASE PRESENTATION I: METABOLIC SYNDROME
  - CASE PRESENTATION II: THE COMPLICATED PATIENT
  - CASE PRESENTATION III: HEART FAILURE IN WOMEN

### PATIENTS IN PAIN

- VOLUME 55, ISSUE 30
  - BACK PAIN
  - FIBROMYALGIA
  - HIP AND PELVIC PAIN DUE TO TRAUMA

### THE TROUBLED SKIN

- VOLUME 55, ISSUE 28
  - ROSACEA
  - ACNE VULGARIS
  - CONTACT, STASIS, AND ATOPIC DERMATITIS
  - COMMON SKIN INFECTIONS

### CURRENT ISSUES IN PEDIATRICS

- VOLUME 55, ISSUE 26
  - ATTENTION-DEFICIT/HYPERACTIVITY DISORDER
  - DIABETES IN CHILDREN
  - HYPERTENSION IN CHILDREN

### GASTROINTESTINAL PROBLEMS

- VOLUME 55, ISSUE 24
  - CLOSTRIDIUM DIGGICILE INFECTIONS
  - PEPTIC ULCERS AND HELICOBACTER PYLORI
  - COLON CANCER

### PAIN MANAGEMENT

- VOLUME 55, ISSUE 22
  - GOALS AND OBJECTIVE OF PALLIATIVE CARE
  - BARRIERS TO PAIN MANAGEMENT
  - PHYSICAL DEPENDENCE VS ADDICTION
  - EVALUATION OF ANALGESIC MEDICATIONS
  - OPIOID PHARMACOLOGY
  - CASE STUDIES

### CHRONIC OBSTRUCTIVE PULMONARY DISEASE

- VOLUME 55, ISSUE 20
  - PREVENTION AND DIAGNOSIS
  - PHARMACOLOGIC MANAGEMENT
  - QUESTIONS AND ANSWERS

### HIGH BLOOD PRESSURE

- VOLUME 55, ISSUE 18
  - RESISTANT HYPERTENSION
  - HYPERTENSION IN CHILDREN AND ADOLESCENTS

### PERILS IN THE PROSTATE

- VOLUME 55, ISSUE 16
  - BENIGN PROSTATIC HYPERPLASIA (BPH)
  - PROSTATE CANCER
  - QUESTIONS AND ANSWERS
  - ADDITIONAL THOUGHTS ON PROSTATE CANCER AND BPH

### THE TROUBLED HEART

- VOLUME 55, ISSUE 14
  - HEART FAILURE
  - CARDIAC DISEASE IN WOMEN

### OSTEOPOROSIS AND OTHER BONE PROBLEMS

- VOLUME 55, ISSUE 12
  - CURRENT ISSUES IN OSTEOPOROSIS
  - ALL THAT IS THIN IS NOT OSTEOPOROSIS

### CONSEQUENCES OF TOO LITTLE AND TOO MUCH FOOD

- VOLUME 55, ISSUE 10
  - EATING DISORDERS
  - MORBID OBESITY

### NEUROLOGIC QUANDARIES

- VOLUME 55, ISSUE 08
  - MIGRAINE PREVENTION
  - BRAIN TUMORS

### BUGS AND DRUGS

- VOLUME 55, ISSUE 06
  - ANTIBIOTIC UPDATE
  - INFECTIONS IN THE ELDERLY

### WHEEZING, SNEEZING, AND DIFFICULT BREATHING

- VOLUME 55, ISSUE 04
  - ASTHMA IN CHILDREN AND ADOLESCENTS
  - ALLERGIC RHINITIS

### INFLUENZA/CHILD ABUSE

- VOLUME 55, ISSUE 02
  - PANDEMIC INFLUENZA
  - CHILD ABUSE: CONSEQUENCES AND PREVENTION

### ENHANCING PHYSIOLOGY AGE/RESTLESS LEGS

- VOLUME 54, ISSUE 48

- LIFESTYLE PROGRAM TO ENHANCE PHYSIOLOGIC AGE
- LIFESTYLE PROGRAM TO ENHANCE PHYSIOLOGIC AGE RESTLESS LEGS SYNDROME

### EMERGENCIES/BIOCHEMICAL MARKERS

- VOLUME 54, ISSUE 46
  - ROADSIDE AND IN-FLIGHT EMERGENCIES
  - BIOCHEMICAL MARKERS FOR CARDIOVASCULAR DISEASE

### MENTAL FUNCTION AND COGNITION IN THE ELDERLY

- VOLUME 54, ISSUE 44
  - OPTIMIZING MENTAL FUNCTION IN THE COGNITIVELY FRAGILE PATIENT
  - ASSESSING COGNITION AND AFFECT IN PATIENTS WITH SUSPECTED MEMORY LOSS

### SUBSTANCE ABUSE

- VOLUME 54, ISSUE 42
  - PERFORMANCE-ENHANCING AGENTS
  - ABUSE OF OTC DRUGS
  - METHAMPHETAMINE CRISIS

### ADVANCES IN CARDIOLOGY

- VOLUME 54, ISSUE 40
  - CORONARY ARTERY DISEASE
  - HEART VALVE ABNORMALITIES

### THE ABNORMAL PAP AND PCOS

- VOLUME 54, ISSUE 38
  - THE ABNORMAL PAP
  - POLYCYSTIC OVARY SYNDROME (PCOS)

### DANGEROUS MICROBES: FIGHTING BACK!

- VOLUME 54, ISSUE 36
  - AVIAN INFLUENZA
  - IMMUNIZATIONS UPDATE

### IBS AND PROBIOTICS

- VOLUME 54, ISSUE 34
  - DIAGNOSTIC AND THERAPEUTIC CONSIDERATIONS FOR IBS
  - IBS IN CHILDREN AND ADOLESCENTS
  - PREBIOTICS, PROBIOTICS, AND SYNBIOTICS

### WOMEN'S HEALTH

- VOLUME 54, ISSUE 32
  - GENDER SPECIFIC MEDICINE: VENUS VS MARS
  - ABNORMAL UTERINE BLEEDING
  - PRECONCEPTION SCREENING AND CARE

### COPING WITH THE DIABETES EPIDEMIC

- VOLUME 54, ISSUE 30
  - AGGRESSIVE NUTRITIONAL AND EXERCISE APPROACHES IN MANAGING DIABETES
  - DIABETES IN CHILDREN AND ADOLESCENTS

### GASTROINTESTINAL DILEMMAS

- VOLUME 54, ISSUE 28
  - GI COMPLICATIONS OF DIABETES
  - COLORECTAL CANCER
  - GASTRO ESOPHAGEAL REFLUX DISEASE

### SUMMER HAZARDS

- VOLUME 54, ISSUE 26
  - OUTDOOR DERMATITIS
  - SNAKEBITES

### DIFFERENT STROKES FOR DIFFERENT FOLKS

- VOLUME 54, ISSUE 24
  - STROKES AND SILENT STROKES
  - POST-STROKE CARE

### THYROID PROBLEMS IN THE YOUNG AND OLD

- VOLUME 54, ISSUE 22
  - EVALUATION AND TREATMENT OF HYPERTHYROIDISM
  - GRAVES' DISEASE; SUBCLINICAL HYPERTHYROIDISM
  - OPHTHALMOPATHY; QUESTIONS AND ANSWERS
  - THYROID DISORDERS IN THE ELDERLY
  - HYPERTHYROIDISM; GOITER
  - HYPOTHYROIDISM

### ORTHOPEDICS FOR CHILDREN AND ADOLESCENTS

- VOLUME 54, ISSUE 20
  - BACK PAIN IN CHILDREN
  - MUSCULOSKELETAL INFECTIONS IN CHILDREN
  - SPORTS INJURIES

### CLINICAL CARDIOLOGY

- VOLUME 54, ISSUE 18
  - HEART FAILURE
  - PHARMACOVASIVE THERAPY FOR ST-SEGMENT ELEVATION IN ACUTE MI

### MULTIPLE SCLEROSIS, ALZHEIMER'S DISEASE, AND DEMENTIA

- VOLUME 54, ISSUE 16
  - MULTIPLE SCLEROSIS

- DIAGNOSING AND PREDICTING MS
- THERAPY AND SIDE EFFECTS
- ALZHEIMER'S DISEASE
- AGITATION AND DEMENTIA

#### CLINICAL UROLOGY

- VOLUME 54, ISSUE 14
  - PROSTATITIS
  - LOWER URINARY TRACT PROBLEMS

#### PEDIATRIC DILEMMAS

- VOLUME 54, ISSUE 12
  - ORTHOPEDIC PROBLEMS IN CHILDREN
  - FAILURE TO THRIVE

#### LIES, MORE LIES, AND LAWYERS – WHY THE LAW CAN SUIT YOU

- VOLUME 54, ISSUE 10
  - STEP OF LITIGATION, TESTIMONY TIPS, APPEALS PROCESS
  - PROTECTING ASSETS, MALPRACTICE MYTHS
  - DIMENSIONS OF MALPRACTICE, RISK MANAGEMENT
  - QUESTIONS AND ANSWERS

#### CARDIOVASCULAR CONCERNS

- VOLUME 54, ISSUE 08
  - ATRIAL FIBRILLATION
  - SYNCOPE
  - CHEST PAIN

#### UPDATE ON SINUSITIS, NSAIDS AND MYELODYSPLASTIC SYNDROME

- VOLUME 54, ISSUE 06
  - UPDATE ON ACUTE SINUSITIS
  - THE COX-2 CONUNDRUM: TRADE-OFFS AND EFFECTIVENESS OF NSAIDS
  - DIAGNOSIS AN MANAGEMENT OF MYELODYSPLASTIC SYNDROME

#### GI PROBLEMS/ACNE

- VOLUME 54, ISSUE 04
  - HOT TOPICS IN GASTROENTEROLOGY
  - ACNE VULGARIS

#### CONTRACEPTIVE METHODS

- VOLUME 54, ISSUE 02
  - TRANSDERMAL PATCH
  - VAGINAL RING
  - LEVONORGESTREL INTRAUTERINE SYSTEM
  - INHERITED HYPERCOAGULABLE STATES

- CONDOMS
- ORAL CONTRACEPTIVE PILLS & ACNE
- PERMANENT STERILIZATION
- EMERGENCY CONTRACEPTION
- QUESTIONS & ANSWERS

### INFECTIOUS DISEASE: WHERE DO WE STAND?

- VOLUME 53, ISSUE 48
  - RATIONAL PRESCRIBING IN THE ERA OF ANTIBIOTIC RESISTANCE
  - UPDATE ON PEDIATRIC IMMUNIZATIONS

### SERIOUS SUBSTANCES OF ABUSE

- VOLUME 53, ISSUE 46
  - THE TAYLOR HOOTON STORY
  - PERFORMANCE ENHANCING DRUGS AND SUPPLEMENTS
  - METHAMPHETAMINE: A GROWING EPIDEMIC

### DIABETES MELLITUS

- VOLUME 53, ISSUE 44
  - DIABETES UPDATE
  - NEWER DEVELOPMENTS IN THE CARE OF DIABETIC PATIENTS