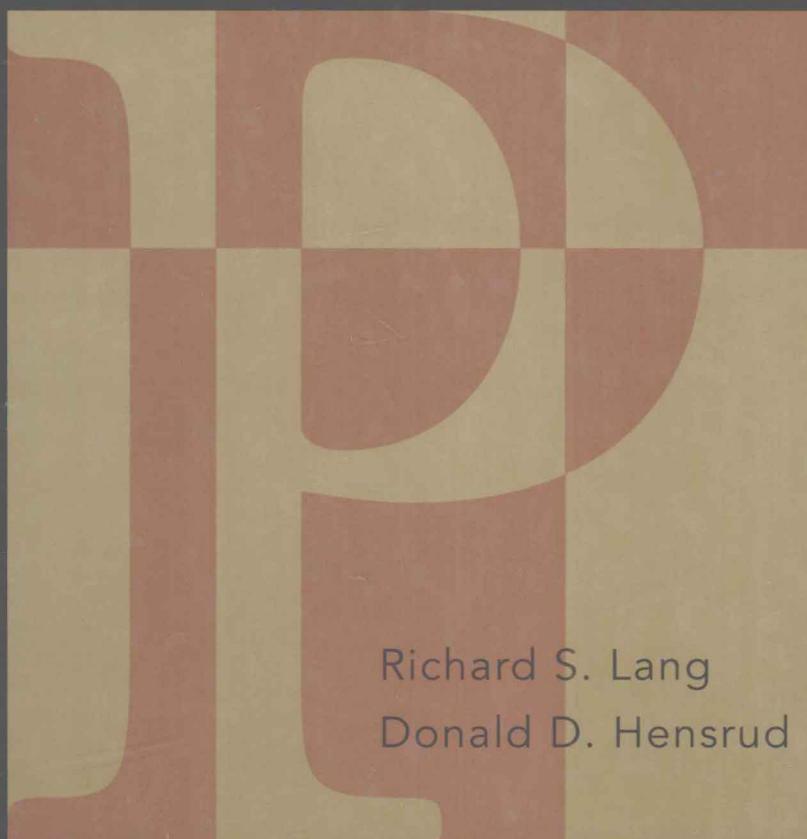


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Second Edition

CLINICAL PREVENTIVE MEDICINE



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Second Edition

CLINICAL

PREVENTIVE

MEDICINE

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Clinical Preventive Medicine Second Edition

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Printed in the United States of America

Internet address: www.amapress.org

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First edition published by Mosby-Year Book, Inc. ©1993.

Additional copies of this book may be ordered by calling 800 621-8335.

Secure on-line orders can be taken at www.amapress.com.

Mention product number OP088404.

ISBN 1-57947-417-9

BP57:03-P-082:04/04

Library of Congress Cataloging-in-Publication Data

Clinical preventive medicine / [edited by] Richard S. Lang, Donald D. Hensrud. —2nd ed.

p. ; cm.

Includes bibliographical references and index.

ISBN 1-57947-417-9

1. Medicine, Preventive.

[DNLM: 1. Preventive Medicine. WA 108 C641 2004] I. Lang, Richard S. II. Hensrud, Donald D.

RA427.9.C55 2004

613—dc22

2004001807

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DEDICATION

The publisher and editors of *Clinical Preventive Medicine, Second Edition*, wish to dedicate this book to Richard N. Matzen, Sr, MD, for his significant contribution within the field of prevention and to the first edition. Without his initial vision and resolve, this second edition would not have been possible.

We also thank him for all of his efforts and hard work for this second edition, and for his high standards and drive toward quality to help make this book more valuable to an ever-increasing audience.

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The mission the editors of this book have assumed is to provide a practical handbook and reference to the acquisition of knowledge in preventive medicine and its appropriate delivery for fellow practitioners (or physicians in training) whether they be primary care physicians or specialists. Nurses, physician assistants, nurse practitioners, or clinical assistants—important partners in the physician's office team—will find many parts of this text eminently useful in their tasks, and would do well to have such a reference at hand. Such personnel can be invaluable in the physician's evaluation of risk, need and delivery of preventive care. I believe those who use the text will agree the editors and the selected chapter authors in various disciplines, have done a notable service.

In the title, CLINICAL is the key word. Appropriately the editors have recruited authors with strong credentials in clinical medicine and vested interests in preventive medicine and the delivery of care in their specialties and have an ethos and awareness of each patient's propensities to particular disabilities and/or illness. In order to succeed in delivering preventive medicine effectively, it is the doctor in practice who daily sees patients who must be counted on to achieve the goals of preventive health care. This cannot be overemphasized.

The awareness of the contribution prevention can be to the future health of all patients is generally accepted. The development of the preventive mind-set per force precedes the consistent effective routine application of prevention. Eventually it becomes an unconscious part of the physician's care. This book is one

tool that can be used in the acquisition of such skills. This book, by clinicians and for clinicians, is suited for office use and medical school faculty in teaching clinical medicine.

How does this book's approach to the subject matter differ from other books? It continues and improves on the motif established in the first edition, of not only identifying specific disease predispositions of the individual (and why) but then, through the individual, identifies the patient's familial group at risk for that disease, for example renal calculi or diabetes. In addition (and in contrast to the study of the individual and a single disease), large ethnic, racial and geographic populations and gender are profiled and described for predispositions to any and all illnesses and disorders to which this population is particularly prone, whether it be of genetic, cultural, environmental or dietary causation. This is helpful both to the practitioner with a homogenous practice and to one with a heterogeneous urban practice.

The text also examines specific tools commonly used preventively, such as diet and exercise, and evaluates each preventive tool as to what it can do, what can and cannot be expected of it, and when it is appropriate or when not.

To find all the above comprehensively covered in one text with the addition of seasoning such as alternative medicines and genetics to the usual clinical concerns of the doctor is unique in my view.

Richard N. Matzen, Sr, MD

PREFACE

A paradigm shift is occurring in medicine in which the focus is turning away from reparative medical and surgical care and toward a greater emphasis on prevention. This shift has been influenced by physicians having a more thorough understanding of the natural histories of diseases and the factors influencing them. Also, we now have greater knowledge of both how and when to intervene in these natural histories.

New and improved medical technology is racing forward at an astounding pace enabling the detection of medical conditions earlier. Genetic codes are being unraveled and the ability to intervene through genetic testing and altering the genes themselves to improve outcomes is developing.

At the same time, computer technology and advances in information transfer have led to better informed health care consumers who are taking more ownership of their personal health and well being. They are keenly aware that premature death and disability are influenced by choices of diet, exercise, personal habits, safety risks, and preventive interventions. Medical professionals are confronted each day with more and more questions from health care consumers educated by their own internet searches or the media's reporting of medical advances. In addition, health care providers are being significantly influenced by the marketing and advertisement of products, including over-the-counter pharmaceuticals and prescription medications.

Clinical Preventive Medicine, Second Edition, is organized to provide the medical professional with a useful framework to better understand and answer these preventive health questions. This book first fosters a basic understanding of preventive concepts and then considers prevention in specific contexts: behavioral

and psychological influences; physical activities; nutrition including supplements, vitamins, hormones, herbal products and performance enhancers; complementary and alternative medicine; age, gender, and race; and finally common conditions that cause significant morbidity and mortality. *Clinical Preventive Medicine, Second Edition*, aims to guide the clinician in the use of counseling, screening, chemoprevention, vaccinations, and personal safety equipment, and to provide a better understanding of diet, exercise, and the interaction of mind and body in the prevention of disease. An additional reference tool is the appendix, which contains the Current Procedural Terminology (CPT®) 2004 codes that apply to preventive medicine.

The first edition of *Clinical Preventive Medicine*, published 10 years ago, was timely and well received. As in the first edition, practicing clinicians recognized for their expertise and scientific experts and leaders in their respective fields contributed to this second edition.

This book is written and designed to be a resource for medical students, primary care physicians, nurses, and allied health professionals, as well as subspecialists who also need to understand the practical aspects of clinical preventive medicine. No doubt, interested health care consumers will also find this edition enlightening and informative.

We hope that *Clinical Preventive Medicine, Second Edition*, will prompt discussion and debate and foster novel directions in the stimulation of new knowledge. We are confident that ultimately, this book will help health care consumers make positive choices in their preventive health initiatives enabling them to live longer, healthier, and happier lives.

Richard S. Lang and Donald D. Hensrud



ACKNOWLEDGMENTS

The successful completion of a book of this magnitude involves and depends on the efforts of many individuals. We wholeheartedly thank all of these persons, our colleagues, and our contributors for their creativity and abilities that helped to bring this book together.

We extend our most sincere appreciation and gratitude to Pat Lee, Eileen Lynch, Barry Bowlus, and to all of the talented editors and assistants of AMA Press. Also, we would like to recognize our secretarial staff Theresa Bloom, Jane Gould, and Leslie Tuohy for their support, understanding and hard work.

Most importantly, we thank our spouses—Lisa R. Kraemer and Natasha Matt-Hensrud, and our children—Jonathan, Katherine, William, and Daniel, and Gabrielle, Alexandra, and Isaac. They offered us their love, encouragement, and understanding during the long hours.

Finally, we offer this book in appreciation of our mothers, Margaret and Janet, our extended families, our friends, and our patients with the hope of their enjoying long, happy, and healthy lives.

Richard S. Lang, MD
Donald D. Hensrud, MD

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