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January Highlights

Cardiovascular: 2, 12, 20, 35, 41

Emergency: 30, 39, 41, 44

Gastrointestinal: 4, 9, 11, 18

Mental Health: 7, 15, 22, 24, 28, 38, 40, Books

Pediatrics: 3, 10, 13, 17, 24, 40

Rheumatology: 16, 23, 37

Medical podcasts

The College library now offers a curated list of podcasts covering family medicine and many specialties. The list is organized by specialty and includes information on frequency, cost (most are free), and availability of CPD credits. The podcast list can be found at:

<https://www.cpsbc.ca/library/search-materials/audiovisual/podcasts>.

“Sound” Bytes (synopses)

1. Eye problems in contact lens wearers. *BMJ* 2019;367:l6337.
2. Coronary microvascular dysfunction causing cardiac ischemia in women. *JAMA* 2019;322(23):2334-5.
3. Urine sample collection from young pre-continent children: common methods and the new Quick-Wee technique. *Br J Gen Pract* 2020;70(690):42-3.
4. Medical management of opioid-induced constipation. *JAMA* 2019;322(22):2241-2.
5. Investigating cortisol excess or deficiency: a practical approach. *BMJ* 2019;367:l6039.
12. Safety of sodium-glucose co-transporter 2 inhibitors. *Am J Cardiol* 2019;124(S1):s45-52.
13. Pediatric molluscum: an update. *Cutis* 2019;104(5):301-5.
14. Scientific evidence of diets for weight loss: different macronutrient composition, intermittent fasting, and popular diets. *Nutrition* 2020;69:110549 and Effects of intermittent fasting on health, aging, and disease. *NEJM* 2019;381(26):2541-51.
15. Towards personalising treatment: a systematic review and meta-analysis of face-to-face efficacy moderators of cognitive-behavioral therapy and interpersonal psychotherapy for major depressive disorder. *Psychol Med* 2019;49(16):2657-68.

Review Articles

6. Food allergy in adults: presentations, evaluation, and treatment. *Med Clin NA* 2020;104(1):145-55.
7. Specific learning disabilities: the family physician's role. *Am Fam Physician* 2019;100(10):628-35.
8. Pruritus as a sign of systemic disease. *Clin Dermatol* 2019;37(6):644-56.
9. Celiac disease. *Mayo Clin Proc* 2019;94(12):2556-71 and Celiac disease: extraintestinal manifestations and associated conditions. *J Clin Gastroenterol* 2020;54(1):8-21.
10. The limping child. *Pediatr Clin NA* 2020;67(1):119-38.
11. Swallowing disorders in the older population. *J Am Geriatr Soc* 2019;67(12):2643-9.
16. Cannabinoids in the treatment of rheumatic diseases: pros and cons. *Autoimmun Rev* 2019;18(12):102409.
17. Disclosing adverse events and near misses to parents of neonates. *Semin Perinatol* 2019;43(8):151182.
18. Diagnosis and management of chronic pancreatitis: a review. *JAMA* 2019;322(24):2422-34.
19. Penicillin allergy. *NEJM* 2019;381(24):2338-51.
20. Fulminant myocarditis: epidemiology, pathogenesis, diagnosis, and management. *Am J Cardiol* 2019;124(12):1954-60.
21. Efficacy and safety of mineralocorticoid receptor antagonists with ACEI/ARB treatment for diabetic nephropathy: a meta-analysis. *Int J Clin Pract* 2019;73(12):e13413.

22. **Cognitive symptoms of Alzheimer’s disease: clinical management and prevention.** *BMJ* 2019;367:l6217.
23. **The role of ultrasound and magnetic resonance imaging for treat to target in rheumatoid arthritis and psoriatic arthritis.** *Rheumatology* 2019;58(12):2091-8.
24. **Systematic review and meta-analysis: cognitive-behavioral therapy for obsessive-compulsive disorder in children and adolescents.** *J Am Acad Child Adolesc Psychiatry* 2020;59(1):64-77.
25. **Cinnamon supplementation positively affects obesity: a systematic review and dose-response meta-analysis of randomized controlled trials.** *Clin Nutr* 2020;39(1):123-33.
26. **Active surveillance of low-risk papillary thyroid cancer: a meta-analysis.** *Surgery* 2020;167(1):46-55.
27. **Essential thrombocythemia.** *NEJM* 2019;381(22):2135-44.

From the Specialties

28. **Psychological treatment for methamphetamine use and associated psychiatric symptom outcomes: a systematic review.** *J Subst Abuse Treat* 2020;109:61-79.
29. **The efficacy of platelet-rich plasma dressing for chronic nonhealing ulcers: a meta-analysis of 15 randomized controlled trials.** *Plast Reconstr Surg* 2019;144(6):1463-74.
30. **Managing and securing the bleeding upper airway: a narrative review.** *Can J Anesth* 2020;67(1):128-40.
31. **A state-of-the-art review highlighting medical overuse in dermatology, 2017-2018: a systematic review.** *JAMA Dermatol* 2019;155(12):1410-5.

32. **A review of enhanced recovery after surgery principles used for scheduled caesarean delivery.** *JOGC* 2019;41(12):1775-88.

Research Studies

33. **Clinical presentation, treatment, and short-term outcomes of lung injury associated with e-cigarettes or vaping: a prospective observational cohort study.** *Lancet* 2019;394(10214):2073-83.
34. **Five-year results of a randomized controlled trial for lumbar artificial discs in single-level degenerative disc disease.** *Spine* 2019;44(24):1685-96.
35. **Incorporation of biomarkers into risk assessment for allocation of antihypertensive medication according to the 2017 ACC/AHA High Blood Pressure Guideline: a pooled cohort analysis.** *Circulation* 2019;140(25):2076-88.
36. **Electrocatheter-mediated high-voltage pulsed radiofrequency of the dorsal root ganglion in the treatment of chronic lumbosacral neuropathic pain: a randomized controlled study.** *Clin J Pain* 2020;36(1):25-33.
37. **Juvenile Sjögren’s syndrome: clinical characteristics with focus on salivary gland ultrasonography.** *Arthr Care Res* 2020;72(1):78-87.

Practice Guidelines

38. **Management of depressive symptoms in peri- and postmenopausal women: EMAS position statement.** *Maturitas* 2020;131:91-101.
39. **Recommendations for the use of point-of-care ultrasound (POCUS) by emergency physicians in Canada.** *CJEM* 2019;21(6):721-6.

40. **Standards of diagnostic assessment for autism spectrum disorder.** *Paediatr Child Health* 2019 24(7):444-51.

41. **2019 International Consensus on cardiopulmonary resuscitation and emergency cardiovascular care science with treatment recommendations.** *Circulation* 2019;140(24):e826-80.
42. **Trans-specific Geriatric Health Assessment (TGHA): an inclusive clinical guideline for the geriatric transgender patient in a primary care setting.** *Maturitas* 2020;132:70-5.

Helping others...

43. **Undetectable equals untransmittable (U = U): implications for preconception counseling for human immunodeficiency virus serodiscordant couples.** *Am J Obstet Gynecol* 2020;222(1):53-6.
44. **Medical emergencies in flight: are doctors prepared to improvise?** *Cancer Cytopathol* 2019;127(12):733-734.

Books to Borrow

- Indigenous healing: exploring traditional paths. *Penguin, 2014.*
- Injection techniques in musculoskeletal medicine: a practical manual for clinicians in primary and secondary care. *Elsevier, 2019.*
- Oxford textbook of attention deficit hyperactivity disorder. *Oxford University Press, 2018.*
- Side effects of medical cancer therapy: prevention and treatment. *Springer, 2018.*

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