

efficacy that will get the job done since that should minimize extrapulmonary side effects and pulmonary receptor desensitization. However, during asthma exacerbations, a partial agonist might not achieve full bronchodilation in an airway containing β_2 -adrenoreceptors with impaired activity due to the use of short-acting rescue β_2 -agonists (homologous desensitization) and the presence of inflammatory mediators (heterologous desensitization and functional antagonism). While a partial agonist with intrinsic efficacy comparable to albuterol's may suffice for use as an outpatient rescue medication, stronger agonists such as fenoterol¹³ should perhaps be used to treat status asthmaticus in the emergency department or intensive care unit for maximal bronchodilation. Evidence that albuterol's bronchodilating effect plateaus at a level below that of fenoterol was provided in the September issue of CHEST.¹⁴ Further study of the tailored use of individual β_2 -agonists, taking into account drug-specific properties such as duration of action and intrinsic efficacy, should optimize our use of this class of highly effective bronchodilators. Regulatory agencies should consider requiring pharmaceutical companies to characterize and report the intrinsic efficacy of β_2 -agonists to aid physicians in their rational use.

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Catching Up On Sleep

The National Sleep Disorders Research Plan

Sleep disorders are remarkably common. For example, it has been estimated that 2% of women and 4% of men in this country have sleep-disordered breathing,¹ and that about 3% of these patients are now being treated. About 10% of Americans complain of chronic dissatisfaction with their sleep.² Sleep-disordered breathing, insomnia, and periodic limb movements of sleep are particularly prevalent in the fastest-growing segment of our population, the elderly.³ Narcolepsy is not rare, with an estimated prevalence twice that of multiple sclerosis. Despite a growing sleep research community, considering the frequency of these and other sleep problems, there is general agreement that the amount of sleep research being done is inadequate. It is likely that more basic issues in sleep remain uncertain than in any other field of medicine.

For this reason, the National Center on Sleep Disorders Research (NCSDR) was established within the National Heart, Lung and Blood Institute (NHLBI) as a result of the National Institutes of Health (NIH) Revitalization Act of 1993. The mandate of the NCSDR is: "To conduct and support research, training, health information dissemination, and other activities with respect to sleep disorders, including biological and circadian rhythm research, basic understanding of sleep, chronobiological and other sleep related research . . . and . . . to coordinate the activities of the Center with similar activities of other federal agencies, including the other agencies of the NIH, and similar activities of other public entities and nonprofit entities."

In January, 1996, the National Sleep Disorders Research Plan, which was drafted by the Sleep Disorders Research Advisory Board, was approved by Harold

National Sleep Disorders Research Plan

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2003 National Sleep Disorders Research Plan National Center on Sleep Disorders Research (National Heart, Lung, and Blood Institute),2003 *National Sleep Disorders Research Plan* David P. White,2006-01-01 The first Nat Sleep Disorders Research Plan was released by the Nat Institutes of Health NIH in 1996 Considerable scientific restricted sleep neurobehavioral enabling technology sleep sleep disorders pediatrics education appendices Also includes an introduction by Carl E Hunt M D Dir Nat Center on Sleep Disorders Research **2003 National Sleep Disorders Research Plan** National Center on Sleep Disorders Research (National Heart, Lung, and Blood Institute),2003 *Sleep Disorders and Sleep Deprivation* Institute of Medicine,Board on Health Sciences Policy,Committee on Sleep Medicine and Research,2006-10-13 Clinical practice related to sleep problems and sleep disorders has been expanding rapidly in the last few years but scientific research is not keeping pace Sleep apnea insomnia and restless legs syndrome are three examples of very common disorders for which we have little biological information This new book cuts across a variety of medical disciplines such as neurology pulmonology pediatrics internal medicine psychiatry psychology otolaryngology and nursing as well as other medical practices with an interest in the management of sleep pathology This area of research is not limited to very young and old patients sleep disorders reach across all ages and ethnicities Sleep Disorders and Sleep Deprivation presents a structured analysis that explores the following Improving awareness among the general public and health care professionals Increasing investment in interdisciplinary somnology and sleep medicine research training and mentoring activities Validating and developing new and existing technologies for diagnosis and treatment This book will be of interest to those looking to learn more about the enormous public health burden of sleep disorders and sleep deprivation and the strikingly limited capacity of the health care enterprise to identify and treat the majority of individuals suffering from sleep problems *Morbidity and Mortality Weekly Report* ,2008 Black and Blue John Hoberman,2012-04-03 Black Blue is the first systematic description of how American doctors think about racial differences and how this kind of thinking affects the treatment of their black patients The standard studies of medical racism examine past medical abuses of black people and do not address the racially motivated thinking and behaviors of physicians practicing medicine today Black Blue penetrates the physician s private sphere where racial fantasies and misinformation distort diagnoses and treatments Doctors have always absorbed the racial stereotypes and folkloric beliefs about racial differences that permeate the general population Within the world of medicine this racial folklore has infiltrated all of the medical sub disciplines from cardiology to gynecology to psychiatry Doctors have thus imposed white or black racial identities upon every organ system of the human body along with racial interpretations of black children the black elderly the black athlete black musicality black pain thresholds and other aspects of black minds and bodies The American medical establishment does not readily absorb either historical or current information about medical

racism For this reason racial enlightenment will not reach medical schools until the current race aversive curricula include new historical and sociological perspectives *Departments of Labor, Health and Human Services, and Education, and Related Agencies Appropriations for Fiscal Year 1998* United States. Congress. Senate. Committee on Appropriations. Subcommittee on Departments of Labor, Health and Human Services, Education, and Related Agencies,1998

Departments of Labor, Health and Human Services, Education, and Related Agencies Appropriations for 2013 United States. Congress. House. Committee on Appropriations. Subcommittee on the Departments of Labor, Health and Human Services, Education, and Related Agencies,2012 **United States Code** United States,2018 Pediatrician's Guide to Discussing Research with Patients Christina A. Di Bartolo, Maureen K. Braun, 2017-01-11 With the proliferation of research studies posted online media outlets scrambling to pick up stories and individuals posting unverified information via social media the landscape for parents trying to understand the latest science as it pertains to their children has never been more challenging to navigate This book is intended to assist pediatricians when discussing research findings with parents It provides an overview of research practices and terminology clarifies misconceptions about studies and findings and explains the limitations of research when applied to medical decision making Through this framework physicians can explain their reasoning behind specific clinical recommendations In addition to examining the broad concepts comprising research literacy this book reviews the current findings in topics that pediatricians report discussing most often with parents such as vaccines diet medications and sleep Pediatrician's Guide to Discussing Research with Patients is a unique resource for pediatricians in encouraging the development of research literacy in their patients **Insomniac** Gayle Greene, 2008-03-10 Describes the causes effects treatment options and research in the field of insomnia **NIH Revitalization Act** United States. Congress. House. Committee on Energy and Commerce. Subcommittee on Health and the Environment, 1993 **Departments of Labor, Health and Human Services, Education, and Related Agencies Appropriations for 1998** United States. Congress. House. Committee on Appropriations. Subcommittee on the Departments of Labor, Health and Human Services, Education, and Related Agencies, 1997 Superhealing Elaine Ferguson, 2013-10-01 From Hippocrates in ancient Greece to the medical healers of today the impact that the mind body connection has had on overall health has been widely recognized And while advancements in technology are vast the constraints of conventional medicine are an impediment to successfully preventing reversing or addressing the causes of chronic diseases diseases such as diabetes high blood pressure obesity arthritis acid reflux cancer and more At times these advancements have even proven fatal In Superhealing Engaging Your Mind Body and Spirit to Create Optimal Health and Well being Dr Elaine Ferguson uses an integrative approach to healing as a way of eradicating the physical emotional psychological and spiritual limitations illustrated from the real life stories she has witnessed throughout her medical career that lead to chronic diseases and imbalance Throughout Superhealing readers will explore the truth about genetics and disease the central role and significance stress has on the mind body connection as well

as the distinctions between feelings thoughts and emotions and how both positive and negative emotions factor into one's health Readers will also discover The power of a plant based diet and the true dangers of processed food The impact healthy relationships have on the body The significance of vitamin D3 omega 3 fatty acids antioxidants critical minerals and vitamin B complex Why exercise should be the readers superhealing drug of choice The superhealing power of touch particularly massage and reflexology Toxic environmental factors such as the health damaging chemicals present in most personal care and cleaning products and how to reduce or eliminate them How laughter meditation guided imagery cognitive reprogramming journaling forgiveness and gratitude affects one's health How spiritual beliefs and practices isolation and adversarial relationships contribute to physical and psychological decline Once the groundwork is complete readers will construct an individualized forty day two part plan using a variety of clinically proven holistic techniques that will encompass four core steps to a superhealing lifestyle These steps will guide them on a unique path to better health while bringing the mind body and spirit back into balance

Basics In Adolescent Medicine: A Practical Manual Of Signs, Symptoms And Solutions Tomas Silber, Harshita Saxena, 2014-03-21 This practical manual reviews salient topics in Adolescent Medicine The volume is practitioner centered focusing on the symptoms that bring a teenager to the clinician Every chapter begins with a very brief clinical vignette highlighting the patient's chief complaint or primary issue of concern The handbook is divided into five primary sections 1 Well Adolescent Care to include chapters such as the Annual Physical and Immunizations in Adolescence 2 Common Problems of Adolescence such as Acne and Low Back Pain 3 Reproductive Health Care issues such as Menstrual Disorders and Teen Pregnancy Options Counseling 4 Urgent Care matters including Acute Chest Pain and Scrotal Pathology Pain and Masses and finally 5 Special Considerations to include chapters such as Cyberbullying and Sexting and Tobacco Use and Cessation Counseling Chapters follow a uniform format with vignette as described above followed by multiple choice questions designed to test the readers knowledge Salient features related to the chapter topic follow including relevant clinical pearls such as history physical exam laboratory and diagnostic studies and treatment strategies For each chapter issues that are unique to managing illness in adolescents are highlighted to distinguish them from adults and younger children When applicable a broad differential diagnosis is provided to help guide the reader Easy to read tables are included to highlight and clearly summarize key aspects of the topic and the chapters end with answers to the Board Style questions presented at the start

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