



ADVISORY BOARD

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EDITOR'S NOTE

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I am pleased to introduce the last issue for 2015 of the *Journal of Current Clinical Care* for your reading pleasure.

Drs. Pradeep Shenoy and Eric Deschenes, offer *TINNITUS is an "Aura Symptom" in Need of a Multidisciplinary Approach to Facilitate Diagnosis and Treatment*. Tinnitus is the perception of sound in the absence of sound stimulation. Various reasons are blamed for the cause of the tinnitus. Tinnitus can cause anxiety, depression and sleep disorders, and in some individuals, extreme anxiety can even lead to suicidal tendencies. Conventional medical treatment uses medication, sound therapy and relaxation. Management using electromagnetic stimulation and low intensity laser is also reported in the literature.

In his Ethics blog, *Discussions with your Doctor about your Future Wishes*, **Dr. Michael Gordon**, from the Baycrest Centre of Geriatric Care in Toronto, examines the importance of patients discussing their final wishes with their physicians and family members and even close friends before they are no longer able to make important decisions for themselves so that when the time comes, the patient can rest assured that their wishes, values and preferences will be respected.

In her article *Spine and Sport: Are Athlete's Back Injuries Different?*, **Dr. Julia Alleyne**, discusses back injuries in athletes. Athletes participating in training and competition for an average of 8 hours a week have a one year prevalence for spine injuries as high as 68%; an average increase of 18-31% compared to non-athletes. Except for young growing athletes at risk for structural deformity, most spine injuries are soft tissue and self-limiting. Decreased training levels following back injury lead to deconditioning and muscle imbalance increasing the risk of recurrence and prolonging recovery.

For our **Medical Narratives** section **Dr. Michael Gordon**, from the Baycrest Centre of Geriatric Care in Toronto, draws from his personal experiences and delights readers with *Literature and Medicine: A Meeting of the Minds*.

I hope you enjoy this latest edition. Please consider commenting or submitting an article of your own.

Happy Holidays and Happy New Year! We are looking forward to another exciting year at HealthPlexus and the *Journal of Current Clinical Care*.