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EDITOR'S NOTE

D'Arcy Little, MD, CCFP, FRCPC Medical Director, JCCC and www.healthplexus.net



I am pleased to introduce the Spring edition of the Journal of Current Clinical Care.

Dr. Aly Abdulla and Robert Caratun present *Time to Chew on Temporomandibular Disease*. Temporomandibular disorders (TMD) are one of the most common non tooth-related chronic orofacial pain conditions that involve the muscles of mastication and/or the temporomandibular joint (TMJ) and associated structures. The article reviews the etiology, diagnosis, and treatment of this chronic pain condition.

In their article, *The Role of Screening and Brace Management for Adolescent Idiopathic Scoliosis*, **Drs. Kedar Padhye and Fábio Ferreira-Barros** from the Alberta Children's Hospital and **Dr. Reza Ojaghi**, from the University of Ottawa review Adolescent Idiopathic Scoliosis (AIS). AIS is defined as curvature of spine in the coronal plane with a Cobb angle of more than 10°. AIS affects 1-3% of children younger than 16 years of age. Less than 20% of those children will progress to severe deformity requiring interventions. Screening with clinical examination and selective radiographic assessment seems to be a cost-effective approach to filter specialist referrals but current literature is controversial. Evidence supports brace management of AIS for skeletally immature patients with primary scoliosis measuring 25°–40°. The risk reduction for progression to the surgical range (deformity greater than 50 degrees) is 56%. Timely diagnosis and evidence-based brace management of AIS seem likely to reduce the surgical burden. The implementation of screening guidelines at the primary care level is a critical step.

Dr. Yoni Freedhoff from the University of Ottawa offers insights on a *Groundbreaking New Study on Ultra-Processed Foods that Provides Possible Causal Smoking Gun for Our Global Obesity Struggles*. The reason why weights rise in the industrialized world remains unclear, but most agree that diet plays a crucial role. The endless list of fad diets from paleo to keto to low-carb has led to public mistrust and confusion. The results of a new study titled “Ultra-processed diets cause excess calorie intake and weight gain: A one-month inpatient randomized controlled trial of ad libitum food intake” strongly suggests that regardless of diet, ultra-processed foods should be avoided.

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