



ADVISORY BOARD

Click on pictures
to see credentials



EDITOR'S NOTE

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



I am pleased to introduce the Summer issue of the Journal of Current Clinical Care.

Ted Findlay and Dr. Hamilton Hall present *Virtual Care for Low Back Pain Patients*. The COVID-19 global pandemic has had a rapid and massive impact on health care delivery worldwide. Two of the first public health measures applied in Canada and most other developed nations have been some variety of social distancing and “stay at home” orders, which limit the ability of patients to access non-urgent health care services. Patients with chronic pain including low back pain comprise some of the most disadvantaged populations where ongoing support from their family physician is an essential aspect of management. Virtual patient care has rapidly become one of the primary means to deliver of non-urgent management and is, in many ways, ideally suited for the support of chronic low back pain patients. It will continue to be used not only until face to face appointments are again permitted but may become a permanent feature of continuing care.

In her article, *Osteoporosis Prevention: What Can We Tell Patients?*, **Dr. Marina Abdel Malak** reviews osteoporosis that is the leading cause of hip fractures in patients. Primary prevention focusses on engaging in strategies that prevent the development of osteoporosis. Physicians often provide health information to patients on how to optimize their overall wellness, and therefore, ought to educate patients on bone health as well. Offering advice on specific interventions that decrease the risk of developing osteoporosis is an effective way to engage patients in maintaining peak bone mass. Physicians should counsel patients on key points such as dietary modifications, physical activity, and decreasing the use of alcohol and smoking. Setting mutual goals with patients and ensuring that they understand the positive impact this will have on their health is critical.

Dr. Michael Gordon offers a Medical Narrative, *Encounters with Joe at the Donut Counter*. He draws on his experiences at various coffee shops where he spends his time writing, meeting new people, and listening to and sharing stories.

I hope you enjoy this latest edition. Please consider commenting or submitting an article of your own. Have a wonderful summer!