

Your Patient & Fitness

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Sudden cardiac death

An update on prevention

With our increasing knowledge of the causes responsible for sudden cardiac death—the most frequent cause of natural death in the United States—patient management is shifting from a secondary to a primary prevention focus. Implantable cardioverter defibrillators (ICDs) appear to be very useful tools in preventing sudden cardiac death at both the primary and secondary prevention level, as evidenced by numerous clinical studies in the past decade. The encouraging results from these trials and the technological improvements in ICDs have recently prompted a task force of the American

College of Cardiology and the American Heart Association to revise their implantation guidelines.

In their article, authors Ryan Cooley, MD, and Masood Akhtar, MD, examine many of these recent clinical trials, which compare ICDs with antiarrhythmic drugs and which help identify the patients who will achieve the greatest benefits from ICD therapy.

Their article begins on page 6.

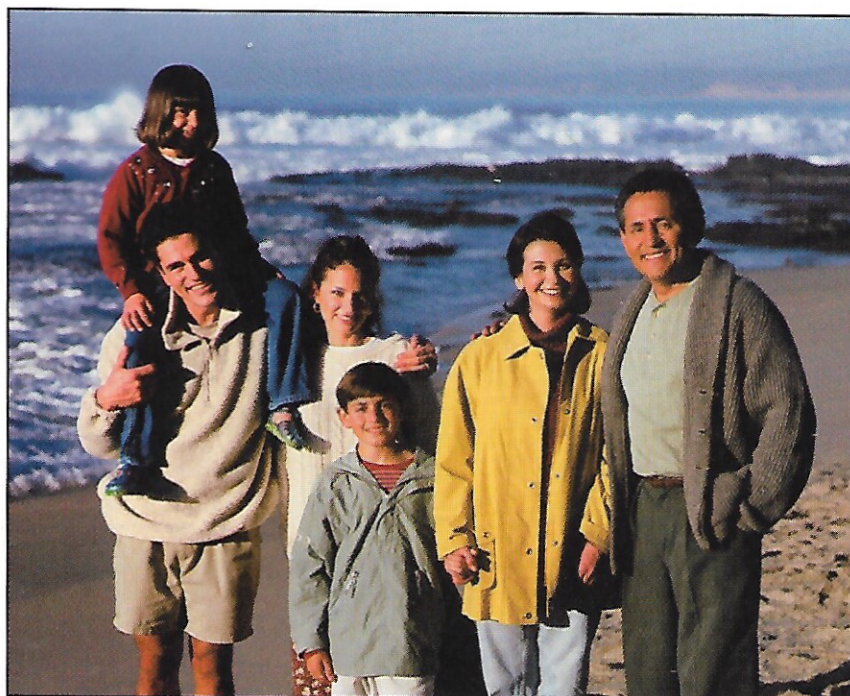
Identifying and treating obesity in children

Although obesity is clinically difficult to define (the techniques used are expensive and cumbersome and individual factors make strict definitions unreliable), it is statistically proven to be increasing in both adult and child populations. Additionally, obesity

leads to significant short- and long-term health complications. Hypertension, hyperlipidemia, insulin resistance, and other medical and psychological disorders are now frequently diagnosed in obese children.

In this article, Lori Taylor, MD, discusses the assessment and treatment of pediatric obesity, explaining that daily behavior modifications—short-term goals, healthy eating habits, exercise, and weight maintenance—should be emphasized rather than calorie counting and weight loss. A case report, which chronicles the assessment, ongoing treatment, and results of an obese 10-year old boy, is also included.

Her article begins on page 18.



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