

From the Editor's Desk

David E. Beck, MD

*Chairman, Department of Colon and Rectal Surgery, Ochsner Clinic Foundation, New Orleans, LA
Editor-in-Chief, The Ochsner Journal*

The winter issue of the Ochsner Journal continues with a variety of original articles, most of which focus on health and fitness. In our lead article, Dr. Lavie describes how our CEO, Dr. Patrick Quinlan, manages to exercise on a regular basis. Dr. Quinlan's innovative approach to incorporating physical activity into a normal work day is an inspiring show of leadership by example.

This is followed by an article by Dr. Krousel-Wood, director of outcomes research, which discusses quality of care indicators, health behaviors and physical functioning in adults with diabetes.

The next article is by Dr. Lavie, who reviews a number of Ochsner studies that have examined the impact of exercise training programs and psychological factors on cardiac risk.

Dilation and curettage is a common procedure. Dr. Lohmann-Bigelow, a gynecologist from Ochsner Medical Center - Baton Rouge, presents data that show this procedure's effect on future pregnancy.

Dr. Burka provides us with an enlightening description of a summer program that teaches coping

and other life skills to adolescents.

Our ongoing series of challenging cases is represented by Dr. Snyder, who describes the successful management of a newborn with significant heart conduction problems.

Dr. Russell Brown, a general surgery resident, along with several colleagues from the Departments of General Surgery and Endocrinology, then provides our readers with another installment of Guess the Case.

Finally, to increase our diverse readership's understanding of one of our core missions, Janice Piazza, Vice President of Academics, presents our semiannual Education Update.

This issue completes our first full year of publication since Hurricane Katrina and the revitalization of the Journal. On behalf of the editorial board and the Ochsner Health System, we would like to acknowledge the valuable contributions of our authors and reviewers. With their ongoing support, we hope to continue to offer our readership future quality issues.