



ELSEVIER

## EDITOR'S MESSAGE

# The GI issue

Gastroenterology symptoms are some of the most common complaints addressed by family physicians. Obtaining a thorough history and a careful physical examination are critical for a correct diagnosis. Osteopathic structural findings can also be very helpful in sorting out the diagnosis in conditions with overlapping presentations.

In this issue, we have a number of articles that relate to gastroenterology. Thomas Zimmerman, DO, FACOFP, provides a systematic review of gastroesophageal reflux disease. In this article, he reviews common symptom patterns, diagnostic findings, and treatment protocols, including the role of OMT. David Drozek, DO, and Kevin McAninsh, OMS, provide an original research project that shows how practice improvement can be implemented in a community setting even with a single physician. David Skillinge, DO, FACOFP, presents a case of superior mesenteric vein thrombosis in a person who presented with abdominal pain. In our patient education handout, Peter Zajac, DO, provides a general overview of heartburn for your patients.

In our cover article, Tenisha Wilson, DO, and colleagues provide another research article that addresses the important public health issue of physician knowledge and practice of drug disposal and its impact on environmental safety. In this

article, the authors discuss how improper drug disposal can lead to the endangerment of entire communities and how it often goes unnoticed. Furthermore, the authors provide an overview of current legislation on proper disposal of prescription medications.

Carmen Ciervo, DO, FACOFP, and Christopher Zipp, DO, introduce the role of nitrous oxide in health and disease. In this provocative article, the authors discuss the ubiquitous nature of this molecule, its widespread physiologic effects, and potential therapeutic interventions affecting nitrous oxide.

Finally, the 2009 runner-up winner of the Namey Burnett Award, Owen Vincent, OMS, provides an overview of natural chemoprevention with a focus on curcumin. The 2009 Namey Burnett Award winner paper "Child Safety Seats: 2010 Educational Update" appeared in our January 2010 issue. The Namey Burnett award honors the best preventive medicine paper submitted by an osteopathic medical student, intern, or resident and fellows.

Happy Learning,

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*Editor, Osteopathic Family Physician*