

**New on the bookshelf:
Recent releases by
DMS faculty authors**

Heading Home with your Newborn: From Birth to Reality. By Laura A. Jana, M.D.; and Jennifer Shu, M.D., instructor in pediatrics at DMS; American Academy of Pediatrics; 2005. This handbook is intended to help



parents cope with the first few months of their baby's life, from feeding, diapering, and bathing to using car seats

and traveling on planes. Combining medical information with practical advice (the authors are parents, too), its amusingly titled chapters include "Poop Happens," "Going with the Flow," and "Fever: Trial by Fire."

Dyspnea: Mechanisms, Measurement, and Management. Edited by Donald A. Mahler, M.D., professor of medicine at DMS; and Denis E. O'Donnell, M.B.; Taylor & Francis; 2005 (second edition). This book, on relief of breathlessness in patients with chronic obstructive pulmonary disease, covers the causes of dyspnea, dyspnea in asthma, the use of bronchodilators and inhaled corticosteroids, self-management strategies, and instruments available to measure the intensity of dyspnea.



MEDIA MENTIONS: DMS

Among the people and programs coming in for prominent media coverage in recent months was the director of DMS's Center for the Evaluative Clinical Sciences. In a three part-series on Medicare, the *Washington Post* wrote that "the typical Medicare patient in Los Angeles costs the government \$3,152 more than a comparable patient in the District" of Columbia and "a patient in Miami costs \$3,615 more than one in Baltimore. Those disparities cannot be explained by differences in local prices or rates of illness, said Dr.



John Wennberg, a Dartmouth physician and an expert on geographical variations in medical care." Rather, "higher spending is related to the number of specialists, hospital beds, and technology available." The *Post* also moderated a live, online discussion between its readers and Wennberg—whose research was also cited in a letter to the editor and an article in the *Wall Street Journal*.

The *New York Daily News* cited a DMS neuroscientist, noting that "people with mild cognitive impairment (MCI) have trouble remembering new information. More perplexing are people who don't have MCI but are suffering from more than just 'senior moments.' Dr. **Andrew Saykin** calls them 'cognitive complainers.' . . . 'Early on we thought



the people in this cognitive complaint group might just represent the 'worried well' who are somewhat hyper-aware and afraid of developing Alzheimer's disease or another dementia,' said Saykin, director of the brain-imaging lab at Dartmouth-Hitchcock Medical Center. [But] people actually appear to be very sensitive to changes that are occurring in the brain . . . early on."

"Dartmouth-Hitchcock Medical Center in New Hampshire decided to pioneer a radically new approach. Full disclosure, detailed results, good and bad," reported ABC's *World News Tonight* in a story about hospitals that voluntarily disclose performance data. "The trust that you develop with your patient is the most important thing over the

long term," **Paul Gardent**, DHMC executive vice president told ABC's John McKenzie. "This full disclosure even includes the cost estimates of various procedures and results of patient satisfaction surveys," McKenzie said. "It does highlight where we need to improve," added Gardent.

"Fifteen years have passed since the Americans with Disabilities Act was enacted to protect workers who have a mental or physical impairment," began an article in a suburban New York paper.



However, "workers with epilepsy face big hurdles when it comes to unemployment," says Dr. **Gregory Holmes**, chief of neurology at Dartmouth. Only about 25% of adults with epilepsy have full-time employment . . . a statistic that is out of line even after accounting for their lower college-graduation rates," Holmes told the *Journal News*, which serves New York's Westchester, Rockland, and Putnam counties. "Patients will tell you that's often due to the epilepsy itself," Holmes added.

Shape magazine recently consulted a DHMC physician for advice on how to avoid motion sickness. "Although it's often tough to predict who will be affected, if you know you're prone to motion sickness, take medication ahead of time, advises **Jay Buckley**, M.D., associate professor of medicine at Dartmouth Medical School." What the article failed



to mention was that Buckley, in addition to being a physician, is a former astronaut. On the 1998 NASA Neurolab mission, he endured *extreme* motion—speeds upwards of 17,500 miles per hour.

"Tom Wolfe was so taken with **Michael Gazzaniga's** *The Social Brain* that not only did he send Gazzaniga a note calling it the best book on the brain ever written, he had [a professor in one of his novels] recommend it in class." So began a *New York Times* review of a new book by Dartmouth's best-known neuroscientist. The book also inspired an editorial in the *Times* of London, which called Gazzaniga "a fascinating character—a rare, secu-