Preface

Case studies in neurology, Part II

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Guest Editor

Why should internists be interested in neurology? It’s simple. Non-neurologists see more patients with neurologic disorders than neurologists and neurologic disorders are common and increasingly treatable. I might add that it is fun but that may be stretching things for non-neurologists.

Consider how common neurologic disorders are in the United States:

- Migraine: 28 million persons per year
- Benign positional vertigo: 20% of vertigo cases; 9% of the geriatric population
- Back pain: fifth most common reason for physician visits
- Carpal tunnel syndrome: 3% of adults
- Diabetic neuropathy: 50% of diabetics
- Epilepsy: 3% lifetime prevalence by age 80
- Seizures: 11% lifetime cumulative incidence
- Stroke: 500,000 persons per year
- Parkinson’s disease: 500,000 persons
- Essential tremor: 5% of those 40 years and older
- Falls (often due to gait disorders): 30% of those over age 65 per year
- Alzheimer’s disease: 4 million persons
- Sleep apnea: 3% of adults
- Restless legs syndrome: 5% of adults
- Chronic insomnia: 20% of adults
- Syncope: 3% of visits to emergency rooms
- Multiple sclerosis: 350,000 persons
This two-part issue of the *Medical Clinics of North America* reviews common neurologic disorders seen by the internist. A case-based approach is used to increase readers’ interest since this is the practice of medicine, seeing and learning from one patient at a time. In addition, a case-based approach can be a more active learning experience (ie, what would you do if this patient were in your office?). The issues highlight the most common disorders in neurology, including headaches, dizziness, neck and low back pain, entrapment neuropathies, peripheral neuropathies, seizure disorders, cerebrovascular disease, movement disorders, gait disorders, sleep disorders, syncope, muscle disease, and multiple sclerosis. New treatments from the last decade, including triptans for migraine, exercises for benign positional vertigo, new seizure medications, tissue plasminogen activator for ischemic stroke, and immunotherapies for multiple sclerosis are also reviewed.

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