Consider the epidemiology of the following neurologic disorders...

Migraine: over 30 million persons have attacks per year in the United States
Vertigo: the third most common complaint among outpatients
Lifetime prevalence of “significant” neck pain: 40% to 70%
Lifetime prevalence of “significant” low back pain: 60% to 90%; fifth most common reason for physician visits
Carpal tunnel syndrome: 3% of the general population
Diabetic polyneuropathy: 30% of diabetics
Seizure: 10% risk of having at least one by age 80
Strokes: 780,000 yearly in the United States
Parkinson’s disease: 1 million people diagnosed in the United States
Essential tremor: prevalence of up to 5% of the population
Restless legs syndrome: 10% of adults
Alzheimer’s disease: 4.5 million persons in the United States
Chronic insomnia: up to 15% of the population
Obstructive sleep apnea: 3% of those ages 30–60 years and 25% in those with mean age of 76 years
Syncope: 3% of visits to the emergency department
Multiple sclerosis: 350,000 persons in the United States

It is hardly surprising that internists frequently see patients with these common neurologic disorders. Some disorders, such as headaches, dizziness, and back pain, are distinctly unpopular among many internists (and neurologists). Other internists may be interested in neurological disorders but feel that their training was inadequate or find it difficult to keep current. However, many patients have to be managed without neurological consultations.

Whatever the level of your neurological expertise, this issue of Medical Clinics of North America reviews common neurological disorders including migraine, vertigo, neck and low back pain, entrapment neuropathies, peripheral neuropathies, seizure disorders, cerebrovascular disease, movement disorders, memory complaints and...
dementia, sleep disorders, syncope, and multiple sclerosis. As a change from the usual format, the articles use a question and answer approach that I hope will facilitate review of the topics and stimulate your interest in neurology. Eight of the articles have been revised and updated from the well-received 2004 issue of *Primary Care: Clinics in Office Practice*: “Neurology for the Primary Care Physician,” which I edited.

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