Foreword

The majority of patients in an internist’s practice are over the age of 65. A deep and workable understanding of geriatrics is crucial for all internists, whether practicing in the inpatient or outpatient setting. In this issue of Medical Clinics of North America, Drs Merel and Wallace have put together a practical, useful set of topics that help guide us to better care of our geriatric patients. The nuances of appropriate assessment, prescribing, and goals of care in this growing patient population are covered well. As internists, we need to recognize that diseases are not always treated the same way in different patient populations, especially in our geriatric population. The articles on diabetes, hypertension, insomnia, and cancer screening are excellent examples of this important geriatric principle. More is often less in the care of our geriatric patients. More medications, more invasive tests, and more specialists may not lead to better outcomes. This issue does an excellent job of helping guide us on the narrow path of excellent care for our geriatric patients.

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