

**References and Figures for Articles Appearing in the Winter, 2012 Edition of
The Maryland Family Doctor
Theme: Topics in Men's Health**

**Preventive Services for Men in the Primary Care Practice by Peter Beilenson, M.D. and
Lauren Gay**

ⁱ <http://www.kaiseredu.org/Issue-Modules/US-Health-Care-Costs/Background-Brief.aspx>

ⁱⁱ <http://www.kff.org/insurance/snapshot/OECD042111.cfm>

ⁱⁱⁱ <http://www.commonwealthfund.org/Publications/Fund-Reports/2007/May/Mirror--Mirror-on-the-Wall--An-International-Update-on-the-Comparative-Performance-of-American-Health.aspx>

^{iv} http://www.bluecrossmn.com/bc/wcs/groups/bcbsmn/@mbc_bluecrossmn/documents/public/mbc1_healthcare_cost_drivers.pdf

^v <http://www.kaiseredu.org/Issue-Modules/US-Health-Care-Costs/Background-Brief.aspx#> What is driving health care costs?

^{vi} <http://www.ahrq.gov/clinic/uspstfix.htm>

^{vii} <http://www.ahrq.gov/clinic/uspstfix.htm>

^{viii} <http://epss.ahrq.gov/ePSS/about>

^{ix} <http://epss.ahrq.gov/ePSS/gradedef.jsp>

^x <http://epss.ahrq.gov/ePSS/about/GetResults.do>

^{xi} *ibid*

^{xii} *ibid*

^{xiii} http://www.auanet.org/content/health-policy/government-relations-and-advocacy/in-the-news/uspstf-psa-recommendations.cfm?WT.mc_id=EML6621MKT

Hypogonadism: A Rise in the Fall of Testosterone by Jessica M. Stinnette, M.D.

[1]Basaria, S. et al. Adverse effects associated with testosterone administrations. *New England Journal of Medicine* 2010; 363:109-122.

[2]Bitton, A, et al. A fragile balance. *New England Journal of Medicine* 2009; 361:74-79.

[3]Bremner, WJ. Testosterone deficiency and replacement in older men. *New England Journal of Medicine* 2010; 363:189-91.

[4]Dobs, AS, et al. A novel testosterone 2% gel for the treatment of hypogonadal males. *Journal of Andrology* 2011. Published ahead of print.

[5]Emmelot-Vonk, MH et al. Effect of testosterone supplementation on functional mobility, cognition, and other parameters in older men. *JAMA* 2008; 299:39-52.

[6]Margo, K et al. Testosterone treatments: why, when, and how? *American Family Physician* 2006; 73:1591-1598.

[7]Wu, FC, et al. Identification of late-onset hypogonadism in middle-aged and elderly men. *New England Journal of Medicine* 2010; 363:123-135.

**Feel a Pulse, Save a Life: Minimizing Complications in Critical Limb Ischemia by Mark
L. Lessne, M.D.**

1. L N, WR H, JA D, et al. INTER-SOCIETY CONSENSUS FOR THE MANAGEMENT OF PERIPHERAL ARTERIAL DISEASE (TASC II). *JOURNAL OF VASCULAR SURGERY*. 2007;45:S5 - S67.
2. Gey DC, Lesho EP, Manngold J. Management of peripheral arterial disease. *Am Fam Physician*. Feb 1 2004;69(3):525-532.
3. A randomised, blinded, trial of clopidogrel versus aspirin in patients at risk of ischaemic events (CAPRIE). *The Lancet*. 1996;348(9038):1329-1339.
4. Nowygrod R, Egorova N, Greco G, et al. Trends, complications, and mortality in peripheral vascular surgery. *Journal of vascular surgery : official publication, the Society for Vascular Surgery [and] International Society for Cardiovascular Surgery, North American Chapter*. 2006;43(2):205-216.
5. Lumsden AB, Davies MG, Peden EK. Medical and Endovascular Management of Critical Limb Ischemia. *Journal of Endovascular Therapy*. 2009/04/01 2009;16(SupplementII):II31-II62.
6. Adam DJ, Beard JD, Cleveland T, et al. Bypass versus angioplasty in severe ischaemia of the leg (BASIL): multicentre, randomised controlled trial. *Lancet*. Dec 3 2005;366(9501):1925-1934.
7. Peripheral Arterial Disease in People With Diabetes. *Diabetes Care*. December 1, 2003 2003;26(12):3333-3341.
8. Met R, Koelemay MJ, Bipat S, Legemate DA, van Lienden KP, Reekers JA. Always contact a vascular interventional specialist before amputating a patient with critical limb ischemia. *Cardiovasc Intervent Radiol*. Jun 2010;33(3):469-474.

Figures

Figure 1: Fate of the claudicant over 5 years (adapted from ACC/AHA guidelines⁵). PAD – peripheral arterial disease; CLI – critical limb ischemia; CV – cardiovascular; MI – myocardial infarction. Adapted with permission from Hirsch AT *et al. J Am Coll Cardiol* 2006;47:1239–1312.

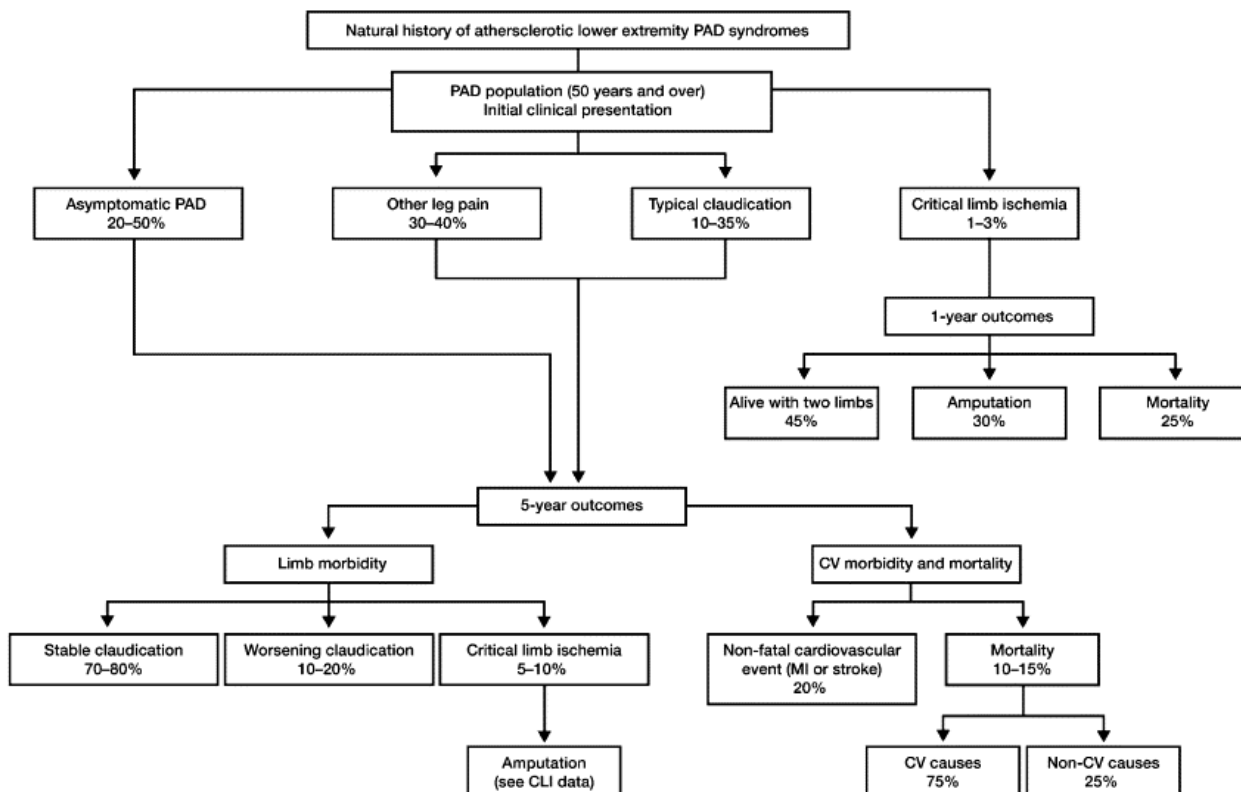
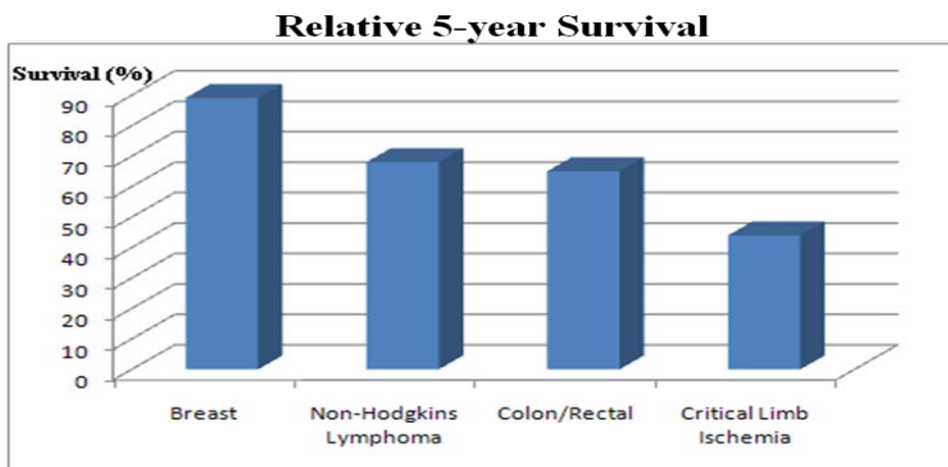


Figure 2



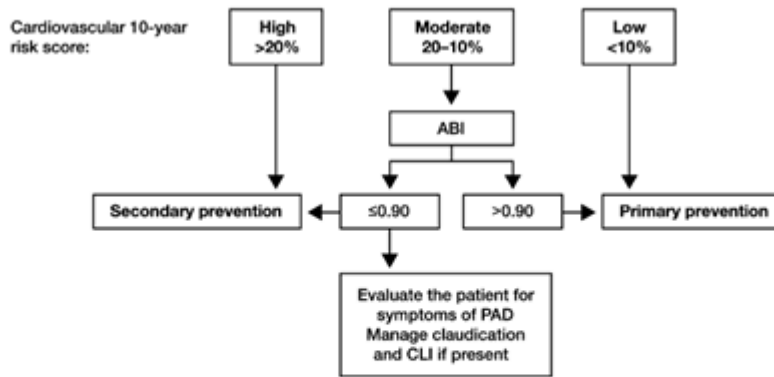
Based on SEER Cancer Statistics 2007, <http://seer.cancer.gov/>

Figure 3

Characteristics of common foot and leg ulcers

Origin	Cause	Location	Pain	Appearance	Role of revascularization
Arterial	Severe PAD, Buerger's disease,	Toes, foot, ankle	Severe	Various shape, pale base, dry	Important
Venous	Venous insufficiency	Malleolar, esp. medial	Mild	Irregular, pink base, moist	None
Mixed venous/arterial	Venous insufficiency + PAD	Usually malleolar	Mild	Irregular, pink base	If non-healing
Skin infarct	Systemic disease, embolism	Lower third of leg, malleolar	Severe	Small, often multiple	None
Neuropathic	Neuropathy from diabetes, vitamin deficiency, etc	Foot/plantar surface (weight-bearing), associated deformity	None	Surrounding callus, often deep, infected	None
Neuroischemic	Diabetic neuropathy + ischemia	Locations common to both ischemic and neuroischemic As arterial	Reduced due to neuropathy	As arterial	As arterial

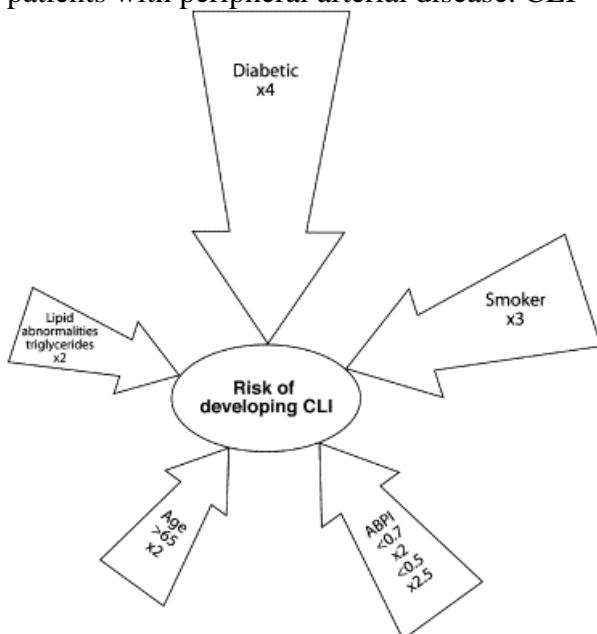
Figure 4



Algorithm for use of the ABI in the assessment of systemic risk in the population. Primary prevention: No antiplatelet therapy; LDL (low density lipoprotein) <3.37 mmol/L (<130 mg/dL) except in patients with diabetes where the LDL goal is <2.59 mmol/L (<100 mg/dL) even in the absence of CVD (cardiovascular disease); appropriate blood pressure (<140/90 mmHg and <130/80 mmHg in diabetes/renal insufficiency). Secondary prevention: Prescribe antiplatelet therapy; LDL <2.59 mmol/L (<100 mg/dL) (<1.81 mmol/L [<70 mg/dL] in high risk); appropriate blood pressure (<140/90 mmHg and <130/80 mmHg in diabetes/renal insufficiency). In patients with diabetes, HbA1c <7.0%.

L N, WR H, JA D, et al. INTER-SOCIETY CONSENSUS FOR THE MANAGEMENT OF PERIPHERAL ARTERIAL DISEASE (TASC II). *JOURNAL OF VASCULAR SURGERY*. 2007;45:55 - 567.

Figure 5: Approximate magnitude of the effect of risk factors on the development of critical limb ischemia in patients with peripheral arterial disease. CLI – critical limb ischemia.



L N, WR H, JA D, et al. INTER-SOCIETY CONSENSUS FOR THE MANAGEMENT OF PERIPHERAL ARTERIAL DISEASE (TASC II). *JOURNAL OF VASCULAR SURGERY*. 2007;45:S5 - S67.