The clinical, public health and political aspects of tobacco smoking

The Tobacco Epidemic
2nd, revised and extended edition

Editors
Robert Loddenkemper
Michael Kreuter

This completely revised and enlarged 2nd edition of The Tobacco Epidemic provides a comprehensive update of the clinical, public health and political aspects of tobacco smoking. Since its 1st edition in 1997, knowledge on the health hazards of tobacco and nicotine addiction has increased considerably, but recent data has shown that the global problem has become more aggravated in low- and middle-income countries. If current trends continue, tobacco smoking will be responsible for the deaths of 1 billion people in the 21st century.

Written by outstanding international experts, the book covers the history of tobacco production and use, the economics of tobacco use and control, as well as the health consequences of active and passive smoking in both adults and children. Special chapters discuss the impact of media, movies and TV on tobacco consumption in young people, the patterns and predictors of smoking cessation in the general population and in different social subgroups, and initiatives supported by the WHO Framework Convention on Tobacco Control. Readers will find the latest information on how nicotine dependence is treated with nicotine replacement products, what role health care professionals play in helping smokers to quit and what effects smoke-free environments, advertising bans and price increases have on smoking prevalence. The potential harms and benefits of smokeless tobacco, waterpipe tobacco smoking and electronic cigarettes are also evaluated.

This book is a must-read for anyone in the medical profession who treats patients with smoking-related diseases and for those engaged in tobacco control. It will also be appreciated by interested nonmedical readers like journalists and legislators.
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Beyond cognitive behavior therapy: A revolutionary approach to improve psychological well-being

Giovanni A. Fava

Well-Being Therapy
Treatment Manual and Clinical Applications

Well-Being Therapy (WBT) is the psychotherapeutic approach developed by Giovanni Fava, a world-renowned psychiatrist and psychotherapist, and the editor-in-chief of *Psychotherapy and Psychosomatics*. WBT is an innovative strategy that is based on monitoring psychological well-being, whereby the patient progressively learns how to make it grow. This type of therapy has enjoyed much success and is increasing in popularity around the world.

The first part of this long-awaited book describes how the idea for WBT was formed, the first patient treated, and the current evidence that supports this approach. In Part II, Giovanni Fava provides the treatment manual of WBT, describing what each session entails, and includes many examples from his own cases. The last part covers some of the specific conditions for which WBT can be used and how sessions can be conducted. It includes sections on depression, mood swings, generalized anxiety disorder, panic and agoraphobia, and posttraumatic stress disorder. There is also information on the application of WBT in interventions in school settings. Throughout the book, Dr. Fava keeps things interesting by peppering his narrative with anecdotes from his medical career.

The primary audience for this book is professionals within psychology, psychiatry, and other fields of medicine (e.g., family practice, pediatrics, and rehabilitation). However, the book is written in a relaxed, clear, and accessible style that also makes it of interest to counselors, educators, and family and friends of patients, not to mention patients themselves.

Contents

Foreword: Jesse H. Wright, Louisville, Ky.
Preface

Part I: The Development
Chapter 1: The Background
Chapter 2: The Philosophy Student and the Pursuit of a Well-Being-Enhancing Strategy
Chapter 3: The Process of Validation of Well-Being Therapy

Part II: The Eight-Session Program of Well-Being Therapy
Chapter 4: Initial Evaluation
Chapter 5: Session 1
Chapter 6: Session 2
Chapter 7: Session 3
Chapter 8: Session 4
Chapter 9: Session 5
Chapter 10: Session 6
Chapter 11: Session 7
Chapter 12: Session 8
Chapter 13: The Four-Session-Program

Part III: Applications
Chapter 14: Depression
Chapter 15: Mood Swings
Chapter 16: Generalized Anxiety Disorder
Chapter 17: Panic and Agoraphobia
Chapter 18: Posttraumatic Stress Disorder
Chapter 19: Children and Adolescents
Chapter 20: New Directions
Chapter 21: Going Further

Index
Abbreviations

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Contents

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The current epidemic of diabetes, obesity and related disorders is a driving force in the development of new technologies. Technological advances offer great new opportunities for the treatment of these chronic diseases. This review presents an update of developments that promise to revolutionize the treatment of diabetes. It examines hospital and outpatient care, intensive insulin therapy, blood glucose monitoring and innovative steps towards the construction of an artificial pancreas.

Providing a comprehensive overview on the latest advances, this volume of *Frontiers in Diabetes* will be of particular interest to all healthcare providers involved in the daily management of patients with diabetes or related diseases.

### Contents

**Preface:** Grassi, G.

**Glycemic Control**
- Glucose Control in Diabetes: Targets and Therapy: Bolli, G.B.; Porcellati, F.; Lucidi, P.; Fanelli, C.G.
- Pregnancy and Diabetes: Lapolla, A.; Dalfrà, M.G.
- Management of Hyperglycemia in Hospitalized Patients: Critical Care Setting: Grassi, G.; Bonomo, M.
- Management of Hyperglycemia in Hospitalized Patients: Noncritical Care Setting: Pichardo-Lowden, A.R.

**Home Blood Glucose Monitoring**
- Interfering Factors in Quality of Glucose Measurement: Hellman, R.

**Continuous Glucose Monitoring**
- Continuous Glucose Monitoring: Professional and Real Time: Zisser, H.; Lane, J.E.; Shivers, J.P.
- Real-Time Continuous Glucose Monitoring in Children and Adolescents: Battelino, T.; Dovc, K.; Bratina, N.
- Real-Time Continuous Glucose Monitoring in Adult Outpatients: Bonomo, M.; Grassi, G.; Di Bartolo, P.; Maran, A.

**Insulin Delivery System**
- Subcutaneous Insulin Pump: Lepore, G.; Tommaselli, L.
- Continuous Subcutaneous Insulin Infusion and Sensor-Augmented Pump Therapy in Children and Adolescents: Rabbone, I.; Frontino, G.; Bonfanti, R.
- Predictive Low Glucose Suspend: An Option for Routine Outpatient Care: Danne, T.; Kordonouri, O.; Thomas, A.

**Closed-Loop Insulin-Delivery System**

**Alternatives to Insulin Injection**
- Continuous Intraperitoneal Insulin Infusion from Implantable Pumps: Renard, E.

**Devices to Support Treatment Decisions**
- Devices to Support Treatment Decisions in Type 1 Diabetes: The Diabeo System: Franc, S.; Charpentier, G.
- Diabetes Interactive Diary: A Mobile Phone-Based Telemedicine System for Carbohydrate Counting and Bolus Calculator: Vespasiani, G.; Rossi, M.C.

**Electronic Medical Record**
- Standardized Information Exchange in Diabetes: Integrated Registries for Governance, Research, and Clinical Practice: Carinci, F.; Di Iorio, C.T.; Massi Benedetti, M.
- Type 1 Diabetes Care: It’s Not All Technology: Reach, G.

**Author Index / Subject Index**

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**Better care of diabetes through technology**

**Technological Advances in the Treatment of Type 1 Diabetes**

Editors
Daniela Bruttomesso
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A treasure trove of fascinating and richly illustrated information

History of Allergy
Editors
Karl-Christian Bergmann
Johannes Ring

This book presents a detailed and varied historical overview of the field of allergology. Beginning with insights into allergy from antiquity to the 20th century, it compiles historical reflections on the understanding of the most common allergic diseases. Important milestones in the discovery of mechanisms of allergy are described, followed by historical accounts of the detection of allergens such as pollen, dust mites, peanuts and latex, and of environmental influences such as pollution and the relationship between farmers and their environment. Several chapters illustrate the progress made in allergy management to date. Particular highlights of this book are the personal reflections of and interviews with a number of pioneers of allergy, including F. Austen, J. Bienenstock, K. Blaser, A. de Weck, A.W. Frankland, K. Ishizaka, and many more. Not only researchers, physicians and medical historians, but also students and even non-scientists will find this book a scientific adventure well worth reading.

Contents

Allergy through 20 Centuries
• History of Allergy in Antiquity: Ring, J.
• History of Allergy in the Middle Ages and Renaissance: Ring, J.
• Landmarks in Allergy during the 19th Century: Kay, A.B.
• Milestones in the 20th Century: Bergmann, K.-C.
• Terminology of Allergic Phenomena: Ring, J.

Most Common Allergic Diseases:
Historical Reflections in Understanding
• Anaphylaxis: Ring, J. et al.
• Allergic Rhinitis: Mygind, N.
• Asthma: Bergmann, K.-C.
• Atopic Dermatitis/Atopic Eczema: Wallach, D.; Taieb, A.
• Allergic Contact Dermatitis: Akkan, A.; Maibach H.I.
• Urticaria and Angioedema: Maurer, M.
• Allergy and the Eye: Bonini, S.
• History of Food Allergy: Wüthrich, B.
• Drug Hypersensitivity: Birch, A.J.
• Aspirin Hypersensitivity: Sánchez-Borges, M.
• Bradykinin-Mediated Disease: Kaplan, A.P.

Mechanisms of Allergy:
• Important Discoveries:
  • The Discovery of Immunoglobulin E and Its Role in Allergy: Johansson, S.G.O.
  • T Cell Subpopulations: Romagnani, S.
  • Mast Cell Research: Saito, H.
• Basophils: Historical Reflections and Perspectives:
  • Fernandez-Caldas, E. et al.
• Mammalian Airborne Allergens: Aalberse, R.C.
• The Latex Story: Rauff, M.
• Peanut Allergens: Becker, W.-M.; Jappe, U.
• Environmental Pollution and Allergy: Historical Aspects:
  • Behrendt, H. et al.
• Farmers and Their Environment: Protective Influences of the Farming Environment against the Development of Allergies: Gassner, M.

Progress in Allergy Management:
• History of Catecholamine Research: Starke, K.
• Antihistamines: Church, M.K.; Maurer, M.
• Glucocorticoids: Barnes, P.J.
• Chromones: Edwards, A.M.
• Characterization and Standardization of Allergen Extracts: Lawenstein, H.
• Allergen-Specific Immunotherapy: Nelson, H.S.; Norman, P.S.

Pioneers of Allergy:
• Personal Reflections:
  • K. Frank Austen
  • J. Bienenstock
  • K. Blaser
  • A. de Weck (1928–2013)
  • A.M. Edwards
  • M. Fernandez-Caldas
  • S. Simon

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• AAAAI • APAAACI • CIA • EAACI • JSA • SLAAI • WAO • AAAAA
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391 Mandibular Osteolytic Lesion Associated with Exuberant Hyaline Ring Granuloma Reaction
Almeida, L.Y. (Piracicaba, Brasil); Trindade, P.A.K.; Sverzut, A.T.; Sverzut, C.E.; Trivellato, A.E.; Oliveira-Santos, C.; León, J.E. (Ribeirão Preto, Brasil)

394 Aspergillus Vertebral Osteomyelitis Complicating Pulmonary Granuloma in an Immunocompetent Adult
Li, Y.; Cen, Y.; Luo, Y.; Zhu, Z.; Min, S.; Chen, X. (Guangzhou, China)

397 Red Cell Distribution Width in Patients with Intermediate Coronary Artery Disease
Balta, S.; Ozturk, C. (Ankara, Turkey); Aparci, M. (Istanbul, Turkey); Demir, M.; Yildirim, A.O.; Celik, T. (Ankara, Turkey)
301 Antimicrobial Peptides as Anti-Infectives against *Staphylococcus epidermidis*
Agarwal, S.; Sharma, G.; Dang, S.; Gupta, S.; Gabrani, R. (Noida, India)

309 Plasma Glycated Albumin Levels Clearly Detect Hearing Loss and Atherosclerosis in Patients with Impaired Fasting Glucose

316 Nebivolol versus Carvedilol or Metoprolol in Patients Presenting with Acute Myocardial Infarction Complicated by Left Ventricular Dysfunction
Ozaydin, M. (Isparta, Turkey); Yucel, H. (Manisa, Turkey); Kocayigit, S. (Denizli, Turkey); Adali, M.K. (Bucak, Turkey); Aksoy, F. (Dinar, Turkey); Kahraman, F. (Isparta, Turkey); Uysal, B.A. (Manavgat, Turkey); Erdogan, D.; Varol, E. (Isparta, Turkey); Dogan, A. (Izmir, Turkey)

323 Factors Influencing Dental Patient Participation in Biobanking and Biomedical Research
Hassona, Y.; Ahram, M.; Odeh, N.; Abu Gosh, M. (Amman, Jordan); Scully, C. (London, UK)

329 Acute Renal Failure Secondary to Rhabdomyolysis as a Complication of Major Urological Surgery: The Experience of a High-Volume Urological Center
De Gracia-Nieto, A.E.; Angerri, O.; Bover, J.; Salas, D.; Villamizar, J.M.; Villavicencio, H. (Barcelona, Spain)

336 Bone Healing and Hormonal Bioassay in Patients with Long-Bone Fractures and Concomitant Head Injury
Khallaf, F.G. (Kuwait, Kuwait); Kehinde, E.O.; Hussein, S. (Jabiya, Kuwait)

343 Assessment of the Cardiac Autonomic Nervous System in Mercury-Exposed Individuals via Post-Exercise Heart Rate Recovery

350 Activity-Regulated Cytoskeleton-Associated Protein Dysfunction May Contribute to Memory Disorder and Earlier Detection of Autism Spectrum Disorders
Alhowikan, A.M. (Riyadh, Saudi Arabia)

355 In vitro Impact of Limited Exposure to Subtherapeutic Concentrations of Chlorhexidine Gluconate on the Adhesion-Associated Attributes of Oral *Candida* Species
Ellepola, A.N.B.; Chandy, R.; Khan, Z.U. (Safat, Kuwait)

363 Heart Rate Recovery Is Impaired in Patients with Inflammatory Bowel Diseases
Sarli, B.; Dogan, Y.; Poyrazoglu, O.; Baktir, A.O.; Eyvaz, A.; Aksoy, E.; Tok, A.; Donudurmaci, E.; Ugurlu, M.; Ortakoyluoglu, A.; Saglam, H.; Arinc, H. (Kayseri, Turkey)

368 Glomerular Filtration Rate and Error Calculation Based on the Slope-Intercept Method with Chromium-51 Ethylenediaminetetraacetic Acid via a New Clinical Software: GFRcalc
Geist, B.K. (Vienna, Austria); Diemling, M. (Stockholm, Sweden); Staudenherz, A. (Vienna, Austria)

374 Impact of Menstrual Cycle on Cardiac Autonomic Function Assessed by Heart Rate Variability and Heart Rate Recovery
Yazar, Ş.; Yazıcı, M. (Konya, Turkey)

378 Assessment of the Correlation between Endoscopic Activity and Histological Activity in Ulcerative Colitis Patients

385 Giant Posttraumatic Cervical Hematoma: Acute Presentation of Papillary Thyroid Carcinoma in an Adolescent
Marković, M.; Paunović, I.; Dragas, M.; Božić, V.; Ilić, N.; Končar, I.; Davidović, L. (Belgrade, Serbia)

388 Platelet Gel in a Non-Regenerating Cryosurgery-Induced Skin Wound in an Old Patient: A Case Report

(Continued on inside back cover)