



GENERAL PRACTICE

 Journal Watch

Childhood Dyslipidemia and Cardiovascular Risk in Adulthood

NEJM Journal Watch Summary

Dyslipidemia is increasingly common in children, but its association with cardiovascular (CV) events in adults is unclear. To address this topic, a study analyzed data from $\approx 5\,000$ children and adolescents. Non-high-density lipoprotein cholesterol (HDL-C) levels were examined from childhood to adulthood. Find out whether lowering lipid levels from childhood prevents CV problems in adulthood¹... **find out more in this video**

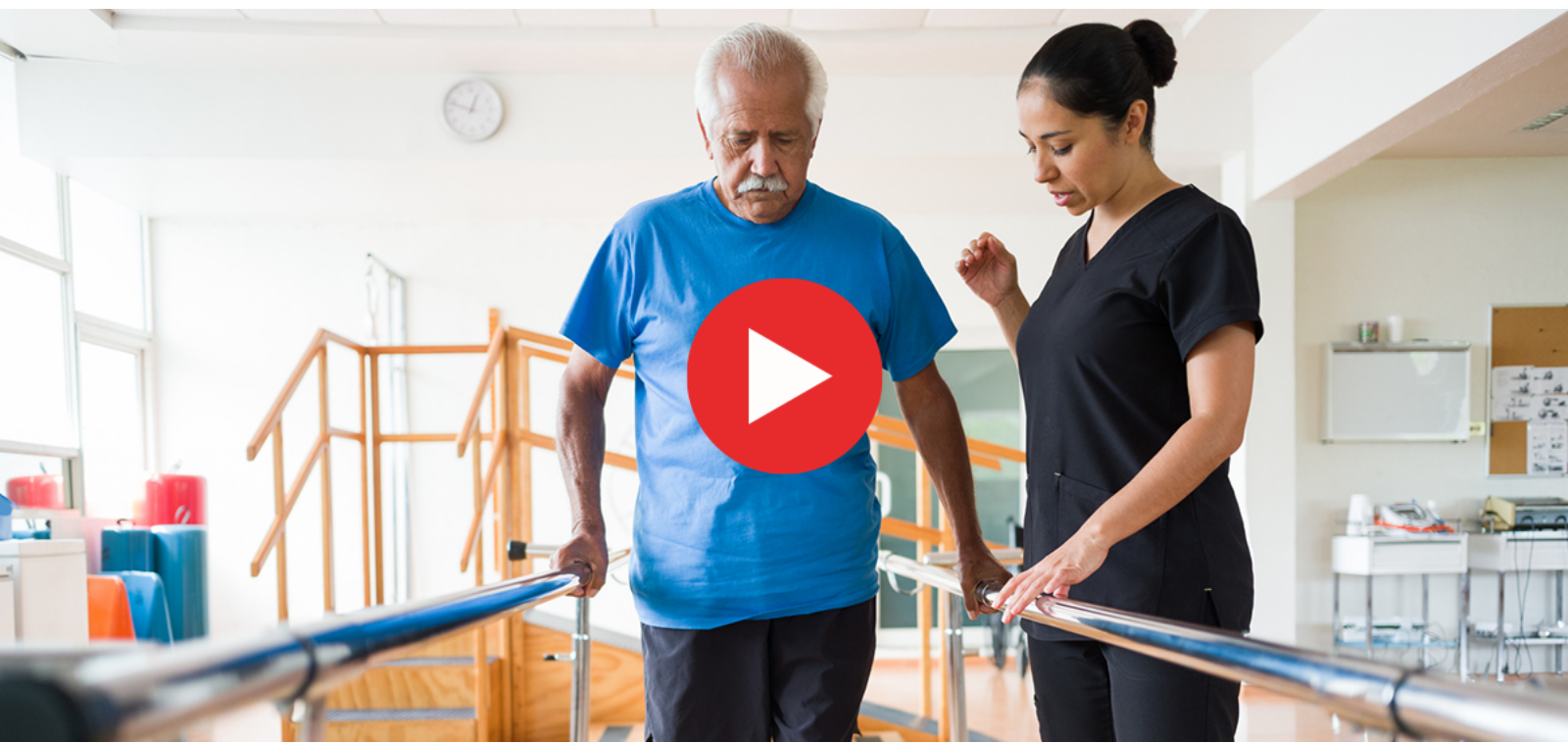


 Journal Watch

Progressive Walking and Education Program: Does It Prevent Recurrence of Back-Pain?

NEJM Journal Watch summary

Exercise and education can help prevent recurrence of low back pain (LBP), but many interventions are costly. Researchers evaluated a progressive walking and education program led by a physical therapist in adults who had recovered from nonspecific LBP. Find out if this walking program can cost-effectively prevent pain recurrence²... **find out in this video!**




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References:

(1) Does Lowering High Childhood Lipid Levels Prevent Adverse Cardiovascular Events in Adulthood? NEJM Journal Watch summary, reused with permission from NEJM Group.

(2) Progressive Walking and Education Program for Patients with Low Back Pain. NEJM Journal Watch summary, reused with permission from NEJM Group.

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