



Introduction



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The pace of change of medical practice has escalated exponentially in recent years. The classic adage that it takes 17 years between medical discoveries and the implementation of recommendations is no longer acceptable. Even knowing which drug to recommend is challenging. The number of FDA-approved drugs increased from 2000 in 1940 to 12,000 by 2010. Clinical medicine is changing so rapidly, clinicians recently out of residency may find that the guidelines they were taught are no longer contemporary. And one must be not only aware of what's new but also of what is no longer recommended. Reversals in medical practice occur regularly, impacting standard of care and decision-making. It is reported that 40% of the articles published in *New England Journal* between 2002 and 2012, recommended reversal in clinical practice protocols. Patients and parents, with ready access to the Internet, may be more aware of these changing recommendations than many practitioners. Additionally, there is greater emphasis on precision medicine and individualizing patient care. It is increasingly challenging for the practicing physician to remain up-to-date in what's new and recommended and what's no longer endorsed. As in the past, *Advances in Pediatrics* will review some of the newest emerging areas including precision population health, sex and gender differences, gene therapy and telehealth. Other chapters focus on common pediatric problems such as feeding and sleep disorders, tall stature and hypertension as well as the unique health care needs of immigrant and refugee children. Neurological conditions including cerebral palsy and multiple sclerosis are also reviewed and clinical updates provided. Infectious disease remain on the forefront with the resurgence of syphilis, *Clostridium difficile* and prophylactic management for HIV. Staying current is always a challenge for the practicing physician, especially in this age of complex medical conditions and complex

health-care systems which may not have embraced a personalized approach to the individual patient.

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