

# Highlights from the Current Issue – Audiovisual Summary

Thomas Gerber, MD, PhD, Associate Editor

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Dr Thomas Gerber focuses on the articles featured on the December 2013 cover of *Mayo Clinic Proceedings*.

These include:

**“Physician Satisfaction and Burnout at Different Career Stages,”**

by Dr Liselotte N. Dyrbye and colleagues;

**“Medicine and Its Discontents,”**

by Dr Glen O. Gabbard;

**“The Phantom Limb of the Triple Aim,”**

by Dr William M. Spinelli;

**“Maternal Inactivity: 45-Year Trends in Mothers’ Use of Time,”**

by Dr Edward Archer and colleagues;

**“Optimizing the Health of Mothers, Infants, and Communities Through Research,”**

by Drs Thomas E. Kottke and Patrick T. Courneya;

**“Maternal Vitamin D Supplementation to Improve the Vitamin D Status of Breast-fed Infants:  
A Randomized Controlled Trial,”**

by Dr Sara S. Oberhelman and colleagues;

**“Supervised Exercise—Based Intervention to Prevent Excessive Gestational Weight Gain:  
A Randomized Controlled Trial,”**

by Dr Jonatan R. Ruiz and colleagues;

**“Characteristics and Outcomes of Patients Who Achieve High Workload ( $\geq 10$  Metabolic Equivalents)  
During Treadmill Exercise Echocardiography,”**

by Dr Nowell M. Fine and colleagues;

**“Use of Functional Aerobic Capacity Based on Stress Testing for Predicting Outcomes in Normal,  
Overweight, and Obese Patients,”**

by Dr Muaz Abudiab and colleagues;

**“Physical Activity and Cardiovascular Risk: 10 Metabolic Equivalents or Bust,”**

by Drs Jill N. Barnes and Michael J. Joyner;

**“Validation of a Novel Protocol for Calculating Estimated Energy Requirements and Average  
Daily Physical Activity Ratio for the US Population: 2005-2006,”**

by Dr Edward Archer and colleagues;

**“Protective Role of Resting Heart Rate on All-Cause and Cardiovascular Disease Mortality,”**

by Dr Arpit Saxena and colleagues;

**“Physical Activity Promotion in the Health Care System,”**

by Drs Ilkka Vuori, Carl J. Lavie, and Steven N. Blair;

**“Regenerative Nanomedicine for Vision Restoration,”**

by Dr Marco A. Zarbin and colleagues; and

**“Human Immunodeficiency Virus: What Primary Care Clinicians Need to Know,”**

by Drs Mary J. Burgess and Mary J. Kasten

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