

## Highlights from the Current Issue – Audiovisual Summary

Thomas C. Gerber, MD, PhD, Associate Editor

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Dr Thomas Gerber, Associate Editor for *Mayo Clinic Proceedings*, discusses the Editor's Choice and Highlights articles appearing in the August 2016 issue.

These include:

**“Effects of a Sedentary Behavior–Inducing Randomized Controlled Intervention on Depression and Mood Profile in Active Young Adults,”**

by Ms Meghan K. Edwards and Dr Paul D. Loprinzi;

The accompanying editorial, **“Walking Throughout Your Day Keeps Depression (and a Host of Other Health Problems) Away,”**

by Dr Edward R. Laskowski;

**“Diverticulosis and Diverticulitis,”**

by Drs Joseph D. Feuerstein and Kenneth R. Falchuk; and

**“Common Functional Gastroenterological Disorders Associated With Abdominal Pain,”**

by Dr Adil E. Bharucha and colleagues.