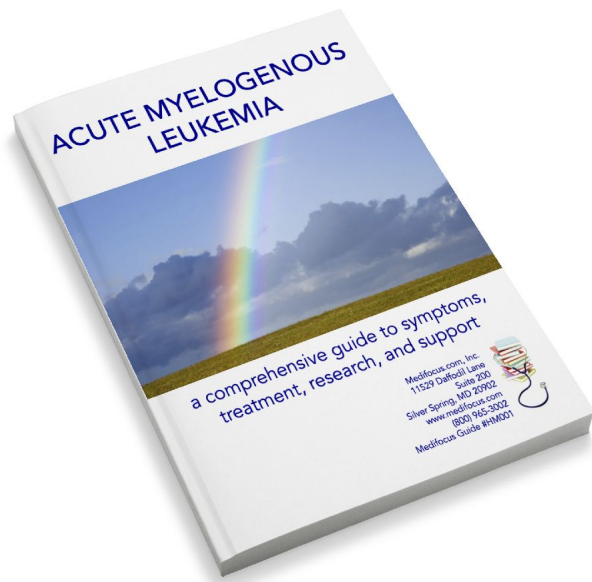


Preview of the Medifocus Guidebook on: Acute Myelogenous Leukemia

Updated October 15, 2009



This document is only a SHORT PREVIEW of the **Medifocus Guidebook on Acute Myelogenous Leukemia**. It is intended primarily to give you a general overview of the **format and structure** of the Guidebook as well as select pages from each major Guidebook section listed in the Table of Contents.

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1 - Background Information

Introduction

Chronic or life-threatening illnesses can have a devastating impact on both the patient and the family. In today's new world of medicine, many consumers have come to realize that they are the ones who are primarily responsible for their own health care as well as for the health care of their loved ones.

When facing a chronic or life-threatening illness, you need to become an educated consumer in order to make an informed health care decision. Essentially that means finding out everything about the illness - the treatment options, the doctors, and the hospitals - so that you can become an educated health care consumer and make the tough decisions. In the past, consumers would go to a library and read everything available about a particular illness or medical condition. In today's world, many turn to the Internet for their medical information needs.

The first sites visited are usually the well known health "portals" or disease organizations and support groups which contain a general overview of the condition for the layperson. That's a good start but soon all of the basic information is exhausted and the need for more advanced information still exists. What are the latest "cutting-edge" treatment options? What are the results of the most up-to-date clinical trials? Who are the most notable experts? Where are the top-ranked medical institutions and hospitals?

The best source for authoritative medical information in the United States is the National Library of Medicine's medical database called PubMed®, that indexes citations and abstracts (brief summaries) of over 7 million articles from more than 3,800 medical journals published worldwide. PubMed® was developed for medical professionals and is the primary source utilized by health care providers for keeping up with the latest advances in clinical medicine.

A typical PubMed® search for a specific disease or condition, however, usually retrieves hundreds or even thousands of "hits" of journal article citations. That's an avalanche of information that needs to be evaluated and transformed into truly useful knowledge. What are the most relevant journal articles? Which ones apply to your specific situation? Which articles are considered to be the most authoritative - the ones your physician would rely on in making clinical decisions? This is where *Medifocus.com* provides an effective solution.

Medifocus.com has developed an extensive library of *MediFocus Guidebooks* covering a wide spectrum of chronic and life threatening diseases. Each *MediFocus Guidebook* is a

high quality, up- to-date digest of "professional-level" medical information consisting of the most relevant citations and abstracts of journal articles published in authoritative, trustworthy medical journals. This information represents the latest advances known to modern medicine for the treatment and management of the condition, including published results from clinical trials. Each *Guidebook* also includes a valuable index of leading authors and medical institutions as well as a directory of disease organizations and support groups. *MediFocus Guidebooks* are reviewed, revised and updated every 4-months to ensure that you receive the latest and most up-to-date information about the specific condition.

About Your MediFocus Guidebook

Introduction

Your *MediFocus Guidebook* is a valuable resource that represents a comprehensive synthesis of the most up-to-date, advanced medical information published about the condition in well-respected, trustworthy medical journals. It is the same type of professional-level information used by physicians and other health-care professionals to keep abreast of the latest developments in biomedical research and clinical medicine. The *Guidebook* is intended for patients who have a need for more advanced, in-depth medical information than is generally available to consumers from a variety of other resources. The primary goal of a *MediFocus Guidebook* is to educate patients and their families about their treatment options so that they can make informed health-care decisions and become active participants in the medical decision making process.

The *Guidebook* production process involves a team of professionals with expertise in diverse areas including experienced medical database researchers and practicing physicians who serve as members of the *Medifocus.com* Medical Advisory Board (MAB). This team approach to the development and production of the *MediFocus Guidebooks* is designed to ensure the accuracy, completeness, and clinical relevance of the information. The *Guidebook* is intended to serve as a basis for more meaningful discussions between patients and their health-care providers in a joint effort to seek the most appropriate course of treatment for the disease.

Guidebook Organization and Content

Section 1 - Background Information

This section provides detailed information about the organization and content of the *Guidebook* including tips and suggestions for conducting additional research about the condition.

Section 2 - The Intelligent Patient Overview

This section of your *MediFocus Guidebook* represents a detailed overview of the disease or condition specifically written from the patient's perspective. It is designed to satisfy the basic informational needs of consumers and their families who are confronted with the illness and are facing difficult choices. Important aspects which are addressed in "The Intelligent Patient" section include:

- The etiology or cause of the disease
- Signs and symptoms
- How the condition is diagnosed
- The current standard of care for the disease

- Treatment options
- New developments
- Important questions to ask your health care provider

Section 3 - Guide to the Medical Literature

This is a roadmap to important and up-to-date medical literature published about the condition from authoritative, trustworthy medical journals. This is the same information that is used by physicians and researchers to keep up with the latest developments and breakthroughs in clinical medicine and biomedical research. A broad spectrum of articles is included in each *MediFocus Guidebook* to provide information about standard treatments, treatment options, new clinical developments, and advances in research. To facilitate your review and analysis of this information, the articles are grouped by specific categories. A typical *MediFocus Guidebook* usually contains one or more of the following article groupings:

- *Review Articles*: Articles included in this category are broad in scope and are intended to provide the reader with a detailed overview of the condition including such important aspects as its cause, diagnosis, treatment, and new advances.
- *General Interest Articles*: These articles are broad in scope and contain supplementary information about the condition that may be of interest to select groups of patients.
- *Drug Therapy*: Articles that provide information about the effectiveness of specific drugs or other biological agents for the treatment of the condition.
- *Surgical Therapy*: Articles that provide information about specific surgical treatments for the condition.
- *Clinical Trials*: Articles in this category summarize studies which compare the safety and efficacy of a new, experimental treatment modality to currently available standard treatments for the condition. In many cases, clinical trials represent the latest advances in the field and may be considered as being on the "cutting edge" of medicine. Some of these experimental treatments may have already been incorporated into clinical practice.

The following information is provided for each of the articles referenced in this section of your *MediFocus Guidebook*:

- Article title
- Author Name(s)
- Institution where the study was done

- Journal reference (Volume, page numbers, year of publication)
- Link to Abstract (brief summary of the actual article)

Linking to Abstracts: Most of the medical journal articles referenced in this section of your *MediFocus Guidebook* include an abstract (brief summary of the actual article) that can be accessed online via the National Library of Medicine's PubMed® database. You can easily access the individual abstracts online via PubMed® from the "electronic" format of your *MediFocus Guidebook* by clicking on the corresponding URL address that is provided for each cited article. If you purchased a printed copy of a *MediFocus Guidebook*, you can still access the article abstracts online by entering the individual URL address for a particular article into your web browser.

Section 4 - Centers of Research

We've compiled a unique directory of doctors, researchers, medical centers, and research institutions with specialized research interest, and in many cases, clinical expertise in the management of the specific medical condition. The "Centers of Research" directory is a valuable resource for quickly identifying and locating leading medical authorities and medical institutions within the United States and other countries that are considered to be at the forefront in clinical research and treatment of the condition.

Inclusion of the names of specific doctors, researchers, hospitals, medical centers, or research institutions in this *Guidebook* does not imply endorsement by Medifocus.com, Inc. or any of its affiliates. Consumers are encouraged to conduct additional research to identify health-care professionals, hospitals, and medical institutions with expertise in providing specific medical advice, guidance, and treatment for this condition.

Section 5 - Tips on Finding and Choosing a Doctor

One of the most important decisions confronting patients who have been diagnosed with a serious medical condition is finding and choosing a qualified physician who will deliver high-level, quality medical care in accordance with currently accepted guidelines and standards of care. Finding the "best" doctor to manage your condition, however, can be a frustrating and time-consuming experience unless you know what you are looking for and how to go about finding it. This section of your *Guidebook* offers important tips for how to find physicians as well as suggestions for how to make informed choices about choosing a doctor who is right for you.

Section 6 - Directory of Organizations

This section of your *Guidebook* is a directory of select disease organizations and support groups that are in the business of helping patients and their families by providing access to information, resources, and services. Many of these organizations can answer your questions, enable you to network with other patients, and help you find a doctor in your geographical area who specializes in managing your condition.

2 - The Intelligent Patient Overview

ACUTE MYELOGENOUS LEUKEMIA

Introduction to Acute Myelogenous Leukemia

The bone marrow is the spongy inner part of bones in which all of the different types of blood cells are made. Early (primitive) blood cells are called stem cells. As these stem cells mature, they develop into either red blood cells (RBCs), white blood cells (WBCs, leukocytes) or platelets.

Red blood cells are responsible for carrying oxygen from the lungs to all the tissues in the body, platelets play a critical role in blood clotting, and WBCs are important in fighting infection. There are three main types of WBCs: granulocytes, monocytes, and lymphocytes. The absence of normally functioning WBCs in leukemia weakens the body's ability to fight infections and the lack of normally functioning platelets makes leukemia patients more susceptible to bruising and bleeding.

Leukemia is a cancer of the blood cells and bone marrow. It is characterized by uncontrolled growth of blood cells. There are four major types of leukemia: acute or chronic myelogenous (AML, CML) and acute or chronic lymphocytic (ALL, CLL). The terms *myelogenous* and *lymphocytic* denote the morphology of the specific type of cells involved.

Acute leukemia is a rapidly progressing disease that results in the accumulation of immature, cells in the marrow and blood. These immature cells are called "blasts". Unlike the small percentage of blasts found in normal marrow, leukemic blasts are incapable of maturing. Furthermore, for unclear reasons, they also inhibit normal blasts from maturing. As a result, the marrow often can no longer produce enough normal red and white blood cells and platelets. Such bone marrow failure is the most common cause of death in AML. Chronic leukemia progresses more slowly and permits greater numbers of more mature functional cells to be made.

Because it is a disease of the blood cells, acute myelogenous leukemia does not usually form a solid mass or tumor. Although leukemia starts in the bone marrow, it can spread to the blood, lymph nodes, spleen, liver, central nervous system (CNS) and other organs.

Leukemia affects persons of all ages and both sexes, although the disease affects men somewhat more often than women. Approximately 31,000 new cases of leukemia were diagnosed in the United States in 2002. About one-half of these cases were acute leukemias and the other half chronic leukemias.

Acute Myelogenous Leukemia (AML), also called *acute myeloid leukemia*, is the most common type of acute leukemia in adults with approximately 10,100 new cases every year. About half the patients with AML are age 65 or over. Acute myelogenous leukemia accounts for just under half

of cases of childhood leukemia.

The incidence of leukemia is about 10 times higher in adults than in children. Leukemia accounts for about 30% of all cancers in children under the age of 15. Approximately, 2,800 new cases of childhood leukemia were diagnosed in the United States in 2002. The most common form of acute childhood leukemia is acute lymphocytic leukemia (ALL).

There are several subtypes of acute myelogenous leukemia:

- Core-binding factor AML
- Acute Promyelocytic Leukemia (APL)
- Secondary AML
- Standard AML

Core-binding factor AML and APL are distinguished by their morphological appearance under the microscope (histology) and their chromosome abnormalities (cytogenetics). Secondary AML refers to AML developing after chemotherapy for a prior malignancy, for example breast cancer or a lymphoma such as Hodgkin's disease. As will be described below, different types of AML differ in prognosis and treatment. The core-binding factor leukemias and APL have the most favorable prognosis.

Risk Factors for Acute Myelogenous Leukemia

There are several risk factors for the development of acute myelogenous leukemia (AML) that have been identified so far, including:

- Prior chemotherapy (such as for lymphoma, Hodgkin's disease, childhood acute lymphocytic leukemia (ALL), breast, ovarian or other cancers). Patients with such a history account for about 10-15% of all cases of newly-diagnosed acute myelogenous leukemia
- Tobacco smoking
- Long-term exposure to benzene, and possibly hydrocarbons and solvents
- High-dose radiation exposure (such as an atomic blast or nuclear reactor accident)
- Other rare diseases or congenital chromosomal abnormalities (Down's Syndrome, Bloom's Syndrome, Fanconi's anemia)
- Treatment with certain drugs (such as chloramphenicol, phenylbutazone)
- Certain blood disorders such as polycythemia vera and essential thrombocytopenia.

Approximately 85-90% cases of acute myelogenous leukemia occur in individuals without known risk factors and much research still needs to be done to more fully understand all of the risk factors involved in the disease process.

The **Intelligent Patient Overview** in the complete **Medifocus Guidebook on Acute Myelogenous Leukemia** also includes the following additional sections:

- **Diagnosis of Acute Myelogenous Leukemia**
- **Treatment Options for Acute Myelogenous Leukemia**
- **The Role of Complementary and Alternative Therapies in Cancer**
- **Quality of Life Issues in Cancer**
- **New Developments in Acute Myelogenous Leukemia (AML)**
- **Questions to Ask Your Health Care Provider About Acute Myelogenous Leukemia**

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Or Call 800-965-3002 (USA) or 301-649-9300 (Outside USA)

3 - Guide to the Medical Literature

Introduction

This section of your *MediFocus Guidebook* is a comprehensive bibliography of important recent medical literature published about the condition from authoritative, trustworthy medical journals. This is the same information that is used by physicians and researchers to keep up with the latest advances in clinical medicine and biomedical research. A broad spectrum of articles is included in each *MediFocus Guidebook* to provide information about standard treatments, treatment options, new developments, and advances in research.

To facilitate your review and analysis of this information, the articles in this *MediFocus Guidebook* are grouped in the following categories:

- Review Articles - 54 Articles
- General Interest Articles - 42 Articles
- Drug Therapy Articles - 21 Articles
- Clinical Trials Articles - 59 Articles
- Stem Cell Transplantation Articles - 21 Articles

The following information is provided for each of the articles referenced in this section of your *MediFocus Guidebook*:

- Title of the article
- Name of the authors
- Institution where the study was done
- Journal reference (Volume, page numbers, year of publication)
- Link to Abstract (brief summary of the actual article)

Linking to Abstracts: Most of the medical journal articles referenced in this section of your *MediFocus Guidebook* include an abstract (brief summary of the actual article) that can be accessed online via the National Library of Medicine's PubMed® database. You can easily access the individual abstracts online via PubMed® from the "electronic" format of your *MediFocus Guidebook* by clicking on the URI that is provided for each cited article. If you purchased a printed copy of the *MediFocus Guidebook*, you can still access the abstracts online by entering the individual URI for a particular abstract into your computer's web browser.

Recent Literature: What Your Doctor Reads

Database: PubMed <January 2007 - October 2009

Review Articles

1.

Are myelodysplastic syndromes and acute myeloid leukemia one disease?

Authors: Gale RP; Bennett JM
Institution: Celgene Corporation, 86 Morris Avenue, Summit, NJ 07901 USA.
Journal: Leuk Res. 2009 Mar;33(3):351-4. Epub 2008 Nov 8.
Abstract Link: **ABSTRACT NOT AVAILABLE**

2.

Allogeneic stem cell transplantation for acute myeloid leukemia in first complete remission: systematic review and meta-analysis of prospective clinical trials.

Authors: Koreth J; Schlenk R; Kopecky KJ; Honda S; Sierra J; Djulbegovic BJ; Wadleigh M; DeAngelo DJ; Stone RM; Sakamaki H; Appelbaum FR; Dohner H; Antin JH; Soiffer RJ; Cutler C
Institution: Division of Hematologic Malignancies, Dana Farber Cancer Institute, 44 Binney St, Boston, MA 02115, USA. john_koreth@dfci.harvard.edu
Journal: JAMA. 2009 Jun 10;301(22):2349-61.
Abstract Link: <http://www.medifocus.com/abstracts.php?gid=HM001&ID=19509382>

3.

Emerging treatment strategies for acute myeloid leukemia (AML) in the elderly.

Authors: Kuendgen A; Germing U
Institution: Department of Hematology, Oncology and Clinical Immunology, Heinrich-Heine-University, Moorenstr 5, Dusseldorf 40225, Germany.
Journal: Cancer Treat Rev. 2009 Apr;35(2):97-120. Epub 2008 Oct 31.
Abstract Link: <http://www.medifocus.com/abstracts.php?gid=HM001&ID=18951721>

The **Guide to the Medical Literature** in the complete **Medifocus Guidebook on Acute Myelogenous Leukemia** includes the following sections:

- Review Articles - 54 Articles
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4 - Centers of Research

This section of your *MediFocus Guidebook* is a unique directory of doctors, researchers, medical centers, and research institutions with specialized research interest, and in many cases, clinical expertise in the management of this specific medical condition. The *Centers of Research* directory is a valuable resource for quickly identifying and locating leading medical authorities and medical institutions within the United States and other countries that are considered to be at the forefront in clinical research and treatment of this disorder.

Use the *Centers of Research* directory to contact, consult, or network with leading experts in the field and to locate a hospital or medical center that can help you.

The following information is provided in the *Centers of Research* directory:

- **Geographic Location**

- United States: the information is divided by individual states listed in alphabetical order. Not all states may be included.
- Other Countries: information is presented for select countries worldwide listed in alphabetical order. Not all countries may be included.

- **Names of Authors**

- Select names of individual authors (doctors, researchers, or other health-care professionals) with specialized research interest, and in many cases, clinical expertise in the management of this specific medical condition, who have recently published articles in leading medical journals about the condition.
- E-mail addresses for individual authors, if listed on their specific publications, is also provided.

- **Institutional Affiliations**

- Next to each individual author's name is their **institutional affiliation** (hospital, medical center, or research institution) where the study was conducted as listed in their publication(s).
- In many cases, information about the specific **department** within the medical institution where the individual author was located at the time the study was conducted is also provided.

Centers of Research

United States

CA - California

<u>Name of Author</u>	<u>Institutional Affiliation</u>
Linker C	Department of Medicine, University of California, San Francisco Cancer Center, 400 Parnassus Avenue, Room A-502, San Francisco, CA 94143, USA. linkerc@medicine.ucsf.edu
Neudorf S	Children's Hospital of Orange County, 455 S. Main Street, Orange, CA 92868, USA. sneudorf@choc.org
Woods WG	Children's Hospital of Orange County, 455 S. Main Street, Orange, CA 92868, USA. sneudorf@choc.org

FL - Florida

<u>Name of Author</u>	<u>Institutional Affiliation</u>
Karp JE	H. Lee Moffitt Cancer Center and Research Institute, University of South Florida, Tampa, FL 33612, USA. lancetje@moffitt.org
Lancet JE	Hematologic Malignancies Program, H Lee Moffitt Cancer Center, Tampa, FL, USA.
Sikic BI	Hematologic Malignancies Program, H Lee Moffitt Cancer Center, Tampa, FL, USA.

GA - Georgia

<u>Name of Author</u>	<u>Institutional Affiliation</u>
Arellano ML	Emory University Winship Cancer Institute, Atlanta, Georgia, USA. marella@emory.edu
Belson M	Centers for Disease Control and Prevention, National Center for Environmental Health, Division of Environmental Hazards and Health Effects, Health Studies Branch, Atlanta, Georgia 30341, USA. mbelson@cdc.gov

The **Centers of Research** in the complete **Medifocus Guidebook on Acute Myelogenous Leukemia** includes the following sections:

- Centers of Research for relevant states in the United States
- Centers of Research listed for relevant countries outside the United States

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5 - Tips on Finding and Choosing a Doctor

Introduction

One of the most important decisions confronting patients who have been diagnosed with a serious medical condition is finding and choosing a qualified physician who will deliver a high level and quality of medical care in accordance with currently accepted guidelines and standards of care. Finding the "best" doctor to manage your condition, however, can be a frustrating and time-consuming experience unless you know what you are looking for and how to go about finding it.

The process of finding and choosing a physician to manage your specific illness or condition is, in some respects, analogous to the process of making a decision about whether or not to invest in a particular stock or mutual fund. After all, you wouldn't invest your hard earned money in a stock or mutual fund without first doing exhaustive research about the stock or fund's past performance, current financial status, and projected future earnings. More than likely you would spend a considerable amount of time and energy doing your own research and consulting with your stock broker before making an informed decision about investing. The same general principle applies to the process of finding and choosing a physician. Although the process requires a considerable investment in terms of both time and energy, the potential payoff can be well worth it--after all, what can be more important than your health and well-being?

This section of your Guidebook offers important tips for how to find physicians as well as suggestions for how to make informed choices about choosing a doctor who is right for you.

Tips for Finding Physicians

Finding a highly qualified, competent, and compassionate physician to manage your specific illness or condition takes a lot of hard work and energy but is an investment that is well-worth the effort. It is important to keep in mind that you are not looking for just any general physician but rather for a physician who has expertise in the treatment and management of your specific illness or condition. Here are some suggestions for where you can turn to identify and locate physicians who specialize in managing your disorder:

- **Your Doctor** - Your family physician (family medicine or internal medicine specialist) is a good starting point for finding a physician who specializes in your illness. Chances are that your doctor already knows several specialists in your geographic area who specialize in your illness and can recommend several names to you. Your doctor can also provide you with information about their qualifications, training, and hospital affiliations.

The **Tips on Finding and Choosing a Doctor** in the complete **Medifocus Guidebook on Acute Myelogenous Leukemia** includes additional information that will assist you in locating a highly qualified and competent physician to manage your specific illness.

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6 - Directory of Organizations

American Cancer Society

1599 Clifton Road, N.E.; Atlanta, GA 30329
800.227.2345 404.486.0100; 866.228.4327 (fax)
www.cancer.org

American Institute for Cancer Research; Nutrition Hotline

1759 R St., NW; Washington, DC 20009
202.328.7744 800.843.8114; 202.328.7226 (Fax)
aicrweb@aicr.org
www.aicr.org

American Society of Pediatric Hematology/Oncology

4700 West Lake; Glenview, IL 60025-1485
847.375.4716
info@aspho.org
www.aspho.org

Association of Cancer Online Resources

www.acor.org

Cancer Care

275 Seventh Avenue; New York, NY 10001
800.813.4673; 212-712-8400
info@cancercare.org
www.cancercare.org

Cancer Caring Center

4117 Liberty Avenue; Pittsburgh, PA 15224
412.622.1212
info@cancercaring.org
www.cancercaring.org

Cancer Help - UK

0808 800 40 40
www.cancerhelp.org.uk

The **Directory of Organizations** in the complete **Medifocus Guidebook on Acute Myelogenous Leukemia** includes a list of selected disease organizations and support groups that are helping people diagnosed with Acute Myelogenous Leukemia.

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