



Editorial Comment

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Change moves in spirals, not circles. For example, the sun goes up and then it goes down. But everytime that happens, what do you get? You get a new day. You get a new one. When you breathe, you inhale and you *exhale*, but every single time that you do that you're a little bit different than the one before. We're always changing. And its important to know that there are some changes you can't control and that there are others you can.

— Ryan Gosling as "Dan" in the movie *Half Nelson* (2006)

Take a deep breath. Now exhale slowly. Think about what is changing around us. The trees are turning colors and leaves are finally falling. The weather is slowly getting colder. There are troops returning from the Middle East after long years overseas. The elections are finally over and we can watch TV & listen to radio again without having to wade through annoying political commercials. Whether you are happy about the election results or not, it is time to make yourself exhale and think about what has changed and what can still be changed.

Now the real work begins. In 2013, we will see many changes. We will all need to be familiar, and eventually proficient, with EMR documentation and eprescribing. We will have to learn the new language of ICD-10 coding. It will also soon be revealed how the Affordable Care Act will really affect our practice of medicine. Are you ready for these changes?

Another new change will be the publication format of this magazine which will go from a bimonthly to a quarterly format. This format, we feel, will allow us to more time to receive and review articles so that we can put out an even better product. We plan to have issues distributed in March, June, September and December of 2013. Please let us know how you like this new format. We welcome all comments.

This current issue has some interesting info about how to terminate a doctor-patient relationship and Part 2 to a case about nephrogenic systemic fibrosis. Additionally, we have a quiz about a patient who can't take a deep breath. See if you can figure out the diagnosis.

Take your deep breath, exhale and start reading.....

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