

Contents

Cover Image: ©Photolibrary

Practical Solutions

- 234 Steadfast flexibility: Supporting good practice
Chris van Weel
- 239 Towards a practical solution for depression in general practice
Jane Gunn
- 243 Self-management support: A win-win solution for the 21st century
Janine J Bycroft and Jocelyn Tracey

Opinion and Comment

- 230 Editorial
Tony Townsend
- 232 Readers Write

Case Reports

- 250 Increasing abdominal girth: The importance of clinical examination
Alison Gale, Tommy J Cobb, Robert A Norelli and William LeMaire
- 253 The use of totarol to treat acne in an adolescent: A case study
David Nixon and Daniel Hobbs

Improving Performance

- 256 An audit of general practice excisions
Brian CS Wood

Continuing Medical Education

- 259 Otitis externa
Robert G Gunn
- 262 The power of the family in general practice: Enhance your effectiveness when caring for anorexia nervosa patients
Charles Fishman and Tana Fishman
- 267 Peripheral vertigo in general practice
Tim Mathews
- 271 Cochrane Corner: Hypertension in the elderly: When to start and when to stop
Bruce Arroll
- 273 POEMs: Patient-Oriented Evidence that Matters

Issues

- 276 Hothealth websites
Michael Miller

Journal Review Service

- 277 Journal Review Service: Continuing Medical Education from the Goodfellow Unit

The New Zealand Family Physician is the official journal of the RNZCGP, however, views expressed are not necessarily those of the College, the editor, or the editorial board.