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Figure 1. Right arm.



Figure 2. Left arm. Used with permission of James Webley, MD, Emergency Medicine Department, Genesys Regional Medical Center, Grand Blanc, MI.

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A 53-year-old man complained of right arm weakness. He “jammed” his right arm by yanking on a heavy machine at work several weeks earlier. The arm continued to feel weak, and he mentioned the problem in “quick care,” where he has presented for a cough and nasal congestion. He has no other medical problems. He smokes and drinks alcohol moderately. He takes no medications of any kind.

His physical examination revealed minimal nasal congestion, a few rhonchi with lung auscultation, and the 2 arms as revealed in Figures 1 and 2. No tenderness of the right arm was elicited. There was no other abnormality.

For the diagnosis and teaching points, see page 132.

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The book is written in sections that the author chose to illustrate successes in public health. There are 7 categories that the author focuses on: car, home, work, play, nature, violence and medical treatment. He then concludes the book by presenting a chapter on models of success and a chapter on future successes.

The category chapters are all written in the same format. The first portion of the chapters is dedicated to presenting various successes that are backed up with statistical evidence, usually before and after data. The later part of the chapters presents various individual “heroes” who have championed causes and made a difference. Some of these people are well known and obvious, others not so much. But, each have played a crucial role in changing the public health landscape and making the world a much safer place for all of us. The final chapters present models of success ranging from industry to communities to countries and then presenting areas that require further work and advocacy to become success stories of their own.

The book sets out to answer “What exactly is public health?” and does so in a very clever way. There are examples of public health success stories that are known to all of us, like the child

resistant packaging we are all familiar with. There are other stories that most of us would probably never even recognize as public health per se, like the prison reform work done by Thomas Mott Osborne in the early 1900s. Some of the heroes come from the medical and public health field that we are all familiar with. Other heroes presented were not so obvious and included scientists, lawyers, businessmen and economists. A varied background to say the least, but what each hero had that set them apart, according to the author, was that “they all believed they could make a difference.” This book is well written and shows that public health covers a lot of areas, some of which are just not obvious, but once presented make complete sense. And, indeed, a lot of it is done “while we were sleeping.”

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IMAGES IN EMERGENCY MEDICINE
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DIAGNOSIS:

Ruptured right biceps tendon. Deformity of the right biceps muscle with shortening and bunching distally is typical of a long head of biceps rupture.

The long head of biceps tendon is almost always the injured area (96%).¹ The usual patient is aged 40 to 60 years, with some chronic shoulder problems. Sudden pain while stressing the tendon, which rapidly diminishes, is the characteristic history.² A pop may be heard by the patient. Although there is some weakness, it rarely interferes with activities of daily living, and the injury is surprisingly well tolerated. Treatment often involves anti-inflammatory medications and physical therapy but may include surgery if supination strength is important.

REFERENCES

1. Branch GL, Wieting JL. Biceps rupture. eMedicine Web site. Available at: <http://emedicine.medscape.com/article/327119-overview>. Accessed June 6, 2009.
2. Carter AM, Erickson SM. Proximal biceps tendon rupture primarily an injury of middle age. *Physician Sports Med.* 1999;27:95-102.