

Genetics

Hereditary hemochromatosis

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Hereditary hemochromatosis is a common disorder. If the condition is identified early, treatment with therapeutic phlebotomy (when necessary) can prevent life-threatening complications, such as cirrhosis. Iron overload can be prevented completely in asymptomatic individuals with a genetic predisposition.

Bottom line. Patients should be offered genetic counseling or testing if they have either a family history of hemochromatosis or undiagnosed iron overload (transferrin saturation >45%).

The complete *Gene Messenger—Hereditary Hemochromatosis* by the GenetiKit research team is available on **CFPlus***. Past Gene Messenger articles can be accessed on-line at www.cfp.ca. On the homepage, click on **Collections** in the left-hand menu, then click on **Genetics**.

Competing interests

None declared

The **GenetiKit** research team, a group of family physicians, genetic counselors and geneticists, designed the Gene Messenger series to provide practical information to help family physicians and their patients make informed choices about rapidly emerging genetic discoveries. The series is a collection of up-to-date, definitive, short reviews on genetics topics that have made headlines, and offers recommendations regarding referral for genetic services or testing.

Acknowledgment

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GENE MESSENGER

For more information on genetics topics,
 see www.mtsinai.on.ca/FamMedGen/



*The Gene Messenger on hereditary hemochromatosis is available at www.cfp.ca. Go to the full text of this article on-line, then click on **CFPlus** in the menu at the top right-hand side of the page.

Cryotherapy

Minor surgery video series

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This month, check out the final minor surgery video—"Cryotherapy"—from the Élisabeth Bruyère Family Medicine Centre in Ottawa, Ont. The video reviews the equipment, technique, and postoperative care required for this procedure.

The video "Cryotherapy" is available at www.cfp.ca. Go to this article on-line, then click on **CFPlus** in the menu at the top right-hand side of the page.

Past minor surgery procedure videos can be accessed on-line at www.cfp.ca. On the homepage, click on **Collections** in the left-hand menu, then click on **Video Series**.

Video 7. Cryotherapy



Competing interests

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The video "Cryotherapy" is available at www.cfp.ca. Go to the full text of this article on-line, then click on **CFPlus** in the menu at the top right-hand side of the page.