

Dr Roger Hayward Rogers 1928–2011

Roger was a remarkable, wonderful, likable person. He was a mentor and role model for me when I started practising medicine. An early proponent of preventive medicine—it seems odd now, but back then it was revolutionary to be interested in health rather than disease—Roger helped co-found Integrated Health (now InspireHealth). We worked together on health promotion activities that included traveling to high schools and middle schools to talk about the huge quantities of sugar consumed by the average Canadian

(at that time it was 125 lbs per year). We emphasized basic exercise and the vital role of vegetables and other real food in maintaining health. Roger highlighted the importance of making basic healthy choices in daily living long before research revealed lifestyle factors behind the progression of heart disease, cancer, and diabetes. One salient point Roger would make was how young soldiers dying in Vietnam who had lived on degenerative Western diets already had plaques in their arteries, while the Vietnamese did not have these same deposits.

Most of Roger's concepts of basic

health and diet have now been substantiated, but at the time—prior to supportive scientific research—they stepped on complacency, the corporate nerve, and the status quo. Nevertheless, by practising kindness, Roger always managed to state his mind and be progressive without alienating his audience.

I lost touch with Roger in the nineties and did not see him again before he died, but he is remembered with wonder and fondness.

—R. Winona Rowat, MD
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Evidence: A systematic approach

Systematic reviews are a crucial component of evidence-based medicine. They are products of the synthesis and appraisal of all high-quality research evidence relevant to focused questions and express both current knowledge and uncertainty. Over time, systematic reviews have increasingly informed recommendations of clinical guidelines, point-of-care tools, and other summaries on medical practice. The Cochrane Collaboration is one of the most prominent organizations producing systematic reviews, and it does so on a nonprofit, independent basis. More than 5000 systematic reviews have been produced by the Collaboration,

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and these are available in full text at no cost to all health professionals in BC through the licensing efforts of the library consortium Electronic Health Library of BC (EHLBC). The College of Physicians and Surgeons is a member of EHLBC and thus makes the Cochrane Database of Systematic Reviews available to all registrants (see the College's website at www.cpsbc.ca/library/search-medline-etc). Another significant source of systematic reviews also available to College registrants is Clinical Evidence from the BMJ Publishing Group (see the web link above). The challenges of the rapid growth of clinical trial literature and the requirement for time, expertise, and resources has resulted in only a minority of research trials being systematically reviewed.¹ Even so, 11 Cochrane reviews on hypertension were published in the last year rang-

ing from the blood pressure-lowering effects of chocolate to the relative effectiveness of evening versus morning dosing of antihypertensive agents. In addition to downloading these reviews from the College website, any registrant who requires a copy of a Cochrane or Clinical Evidence review or, in fact, any article may request a copy from the College Library at 604 733-6671 or medlib@mls.cpsbc.ca.

—Karen MacDonell
—Robert Melrose
—Judy Neill
Co-Librarians

Reference

1. Bastian H, Glasziou P, Chalmers I. Seventy-five trials and eleven systematic reviews a day: How will we ever keep up? *PLoS Med*. 2010 Sep;7:e1000326.