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RELOJ CIRCADIANO Y ASMA

ANNALS OF INTERNAL MEDICINE

[S24276469](#)

The USPSTF concludes that the current evidence is insufficient to assess the balance of benefits and harms of screening for oral cancer in asymptomatic adults.

[S24217469](#)

Despite limited evidence and variable development methods, recent guidelines on chronic pain agree on several opioid risk mitigation strategies, including upper dosing thresholds; cautions with certain medications; attention to drug-drug and drug-disease interactions; and use of risk assessment tools, treatment agreements, and urine drug testing. Future research should directly examine the effectiveness of opioid risk mitigation strategies.

SALAS

Conclusion: A Mediterranean diet enriched with EVOO but without energy restrictions reduced diabetes risk among persons with high cardiovascular risk.

WILSON

Stable ischemic heart disease (SIHD) affects many millions of Americans, with associated annual costs measured in tens of billions of dollars. It is a leading cause of death in the United States. SIHD occurs when coronary artery disease (CAD) reduces the blood supply to the heart and typically causes recurrent chest pain or pressure known as angina. The angina is exacerbated by activity or stress, lasts for minutes not seconds or hours, and goes away with rest or medication. Timely diagnosis and optimal treatment can reduce complications and mortality from SIHD.

ARTHRITIS AND RHEUMATISM

[S24449584](#)

Use of loop diuretics, thiazide diuretics, and thiazide-like diuretics was associated with an increased risk of incident gout, although use of potassium-sparing agents was not.

ATENCION PRIMARIA

S24280035

Una de las estrategias de promoción de la salud es el desarrollo de habilidades para la vida considerando a las propias personas como principal recurso para la salud. Un taller ha de conseguir que sus participantes se conviertan en «activos» para tomar decisiones y generar salud, centrándose en el desarrollo y adquisición de habilidades en grupo de una manera motivadora y con la finalidad de alcanzar unos objetivos. Los conceptos que fundamentan el diseño de un taller y que han de plantearse como etapa 0 son: planificación participativa, capacitar, aprendizaje significativo, aprender en grupo y técnicas participativas.

Las etapas que se deben seguir para diseñar un taller y facilitar su aplicación son: etapa 0 de fundamentación, etapa inicial, de acogida y de evaluación inicial; etapa central o de construcción del aprendizaje basado en la adquisición de conocimientos, actitudes y habilidades, y etapa final o de evaluación.

S24325864

Hypertension was the most prevalent cardiovascular risk factor in the Catalan population attended at primary care centers. About two thirds of individuals with hypertension or DM2 were adequately controlled; hypercholesterolemia control was particularly low.

BRITISH MEDICAL JOURNAL

S24435414

Over long term follow-up, the cumulative incidence of CIN2+ was the same for HPV screening and for cytology, implying that the increased sensitivity of HPV screening for CIN2+ reflects earlier detection rather than overdiagnosis. The low long term risks of CIN3+ among women who tested negative in HPV screening, support screening intervals of five years for such women.

S24452269

Long term exposure to particulate matter is associated with incidence of coronary events, and this association persists at levels of exposure below the current European limit values.

S24452368

This systematic review suggests that patients with acute myocardial infarction presenting during off-hours have higher mortality, and patients with STEMI have longer door to balloon times. Clinical performance measures may need to account for differences arising from time of presentation to a healthcare facility.

S24429387

The risk of persistent pulmonary hypertension of the newborn seems to be increased for infants exposed to SSRIs in late pregnancy, independent of the potential moderator variables examined. A significant relation for exposure to SSRIs in early pregnancy was not evident. Although the statistical association was significant, clinically the absolute risk of persistent pulmonary hypertension of the newborn remained low even in the context of late exposure to SSRIs.

S24335669

While several red flags are endorsed in guidelines to screen for fracture or malignancy, only a small subset of these have evidence that they are indeed informative. These findings suggest a need for revision of many current guidelines.

S24449616

Postnatal but not prenatal bereavement stress in mothers is associated with an increased risk of psychosis in offspring. Risks are especially high for affective psychosis after suicide in the nuclear family, an effect that is not explained by family psychiatric history. Future studies are needed to understand possible sources of risk and resilience so that structures can be put in place to support vulnerable children and their families.

S24284017

Exposure to sodium-containing formulations of effervescent, dispersible, and soluble medicines was associated with significantly increased odds of adverse cardiovascular events compared with standard formulations of those same drugs. Sodium-containing formulations should be prescribed with caution only if the perceived benefits outweigh these risks.

S24355537

Greater dietary fibre intake is associated with a lower risk of both cardiovascular disease and coronary heart disease. Findings are aligned with general recommendations to increase fibre intake. The differing strengths of association by fibre type or source highlight the need for a better understanding of the mode of action of fibre components.

BRITISH JOURNAL OF PSYCHIATRY

S24385460

Overall findings suggest that psychotherapy is effective in severe somatoform disorder. Future randomised controlled studies should examine specific interventions and mechanisms of change.

S24385461

Cognitive-behavioural therapy has a therapeutic effect on schizophrenic symptoms in the 'small' range. This reduces further when sources of bias, particularly masking, are controlled for.

CANADIAN MEDICAL ASSOCIATION JOURNAL

S24246588

A health educator-led heart-health intervention did not improve the ratio of total cholesterol to HDL cholesterol but did increase reported physical activity and fruit and vegetable consumption among family members of patients with CAD. Hospitalization of a spouse, sibling or parent is an opportunity to improve cardiovascular health among other family members.

S24218531

Level 3 portable devices showed good diagnostic performance compared with level 1 sleep tests in adult patients with a high pretest probability of moderate to severe obstructive sleep apnea and no unstable comorbidities. For patients suspected of having other types of sleep-disordered breathing or sleep disorders not related to breathing, level 1 testing remains the reference standard.

CIRCULATION

S24097439

Among patients who were on 12-month dual antiplatelet therapy without complications, an additional 24 months of dual antiplatelet therapy versus aspirin alone did not reduce the risk of the composite end point of death from cardiac causes, myocardial infarction, or stroke.

S24323793

Smoking cessation therapies do not appear to raise the risk of serious cardiovascular disease events.

DIABETES CARE

S24356597

With the comprehensive data collection and the remarkable participant retention over 30 years, the DCCT/EDIC continues as an irreplaceable resource for understanding type 1 diabetes and its long-term complications.

S24356592

DCCT/EDIC has demonstrated the effectiveness of INT in reducing the long-term complications of T1DM and improving the prospects for a healthy life span.

S24356596

DCCT INT and the attendant 6.5 years of lower HbA1c had long-term salutary effects on the development and progression of atherosclerosis and cardiovascular disease during the subsequent follow-up during EDIC.

S24356593

INT delays the onset and slows the progression of DR. Furthermore, the early effects of metabolic control continue to accrue over many years despite subsequent comparable glycemic control (metabolic memory). These results emphasize the need for optimizing glycemic control as early as possible in patients with diabetes.

S24356594

In the DCCT/EDIC, INT resulted in clinically important, durable reductions in the risks of microalbuminuria, macroalbuminuria, impaired GFR, and hypertension.

EUROPEAN HEART JOURNAL

S23677846

In the middle-aged general population, prolonged PR interval normalizes in a substantial proportion of subjects during the time course, and it is not associated with an increased risk of all-cause or cardiovascular mortality.

S24144789

Current interventional procedures in structural heart disease and cardiac arrhythmias require peri-interventional echocardiographic monitoring and guidance to become as safe, expedient, and well-tolerated for patients as possible. Intracardiac echocardiography (ICE) complements and has in part replaced transoesophageal echocardiography (TEE), including real-time three-dimensional (RT-3D) imaging. The latter is still widely accepted as a method to prepare for and to guide interventional treatments. In contrast to TEE, ICE represents a purely intraprocedural guiding and imaging tool unsuitable for diagnostic purposes. Patients tolerate ICE much better, and the method does not require general anaesthesia. Accurate imaging of the particular pathology, its anatomic features, and spatial relation to the surrounding structures is critical for catheter and wire positioning, device deployment, evaluation of the result, and for ruling out complications. This review describes the peri-interventional role of ICE, outlines current limitations, and points out future implications. Two-dimensional ICE has become a suitable guiding tool for a variety of percutaneous treatments in patients who are conscious or under monitored anaesthesia care, whereas RT-3DICE is still undergoing clinical testing. Continuous TEE monitoring under general anaesthesia remains a widely accepted alternative.

S24216390

The natriuretic peptides are important tools to establish diagnosis and prognosis in heart failure (HF). With application of therapies for HF, changes in both B-type natriuretic peptide (BNP) and its amino terminal cleavage fragment (NT-proBNP) parallel the benefits of the HF therapy applied. This dynamic nature of BNP and NT-proBNP relative to therapeutic intervention in HF has led to the concept of using the biomarkers as a 'guide' for intensification of HF care with a goal of not only achieving guideline-directed medical therapy goals accompanied by targeted natriuretic peptide suppression below prognostic thresholds. In studies achieving this combination of therapy optimization and BNP/NT-proBNP suppression, superior outcomes have been observed, and the approach was well tolerated. Natriuretic peptide-guided HF therapy has recently been given a recommendation in US HF guidelines to achieve guideline-directed medical therapy (Class IIa) and possibly improve outcome (Class IIb), while other clinical practice guidelines (including those from the European Society of Cardiology) await results from emerging clinical trial data. We will review lessons learned in the past regarding this novel concept of biomarker guided HF care, and discuss future directions for the approach.

FAMILY MEDICINE

S24415505

Considerable variation in ethics education is apparent in both curricular content and delivery among family medicine residency programs in the United States. Additional findings included a lack of specification of explicit curricular aims for ethics teaching allied to ACGME or AAFP competencies, a tendency not to designate one faculty member with lead responsibility for ethics teaching in the residency program, and a lack of formal assessment of ethics competencies. This has occurred in the context of an absence of robust assessment of ethics competencies at board certification level.

S24415502

Improving opportunities for primary care are evident in the evolving health care marketplace. Yet a secure and meaningfully scaled role in the future for family medicine and primary care is not assured. Family medicine can help lead the primary care movement now-from both clinical and policy perspectives-by energetically embracing newly emerging care options rather than becoming complacent or defensive. Avoiding complacency means: (1) improving assessment and intervention for social and health system complexity (our complex patients), (2) regarding primary care as a way of operating, not as a geographical place-even with the name medical home in place, (3) coordinating with dedicated mobile teams for our most complex and costly patients, and (4) improving leadership competence at a level required for transformation, not just maintenance.

GACETA SANITARIA

S24332818

El consumo de tabaco en los adolescentes está disminuyendo desde hace algunos años en Barcelona. Hay una asociación muy intensa entre el consumo de tabaco y el de cannabis.

S23916983

La cobertura del cribado cervical del sistema público de Cataluña incluye a una de cada tres mujeres. La participación en la segunda ronda fue baja. Los sistemas informáticos existentes en los centros de atención primaria son herramientas que pueden garantizar un seguimiento de la población, y además podrían ser útiles para planificar un cribado poblacional que asegure una buena cobertura y un buen seguimiento.

S23845269

Sólo un 26% de las mujeres de Cantabria se realizan citologías con la periodicidad aconsejada en el protocolo oportunista vigente. Los datos de costes presentados en este trabajo pueden ser útiles para futuras evaluaciones económicas.

S23680136

Hay diferencias en la prevalencia de morbilidad y en el consumo de fármacos según la fuente de información utilizada. Resulta aconsejable utilizar de manera complementaria diversas fuentes para estimar prevalencias reales en salud.

JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION

S24399554

Among cigarette smokers, combined use of varenicline and bupropion, compared with varenicline alone, increased prolonged abstinence but not 7-day point prevalence at 12 and 26 weeks. Neither outcome was significantly different at 52 weeks. Further research is required to determine the role of combination therapy in smoking cessation.

S24381967

Among patients with mild to moderate AD, 2000 IU/d of alpha tocopherol compared with placebo resulted in slower functional decline. There were no significant differences in the groups receiving memantine alone or memantine plus alpha tocopherol. These findings suggest benefit of alpha tocopherol in mild to moderate AD by slowing functional decline and decreasing caregiver burden.

S24231879

Medications approved for long-term obesity treatment, when used as an adjunct to lifestyle intervention, lead to greater mean weight loss and an increased likelihood of achieving clinically meaningful 1-year weight loss relative to placebo. By discontinuing medication in patients who do not respond with weight loss of at least 5%, clinicians can decrease their patients' exposure to the risks and costs of drug treatment when there is little prospect of long-term benefit.

S24247483

CAC volume was positively and independently associated with CHD and CVD risk. At any level of CAC volume, CAC density was inversely and significantly associated with CHD and CVD risk. The role of CAC density should be considered when evaluating current CAC scoring systems.

S24449318

This study identified 2 diagnostic panels based on microRNA expression in whole blood with the potential to distinguish patients with pancreatic cancer from healthy controls. Further research is necessary to understand whether these have clinical implications for early detection of pancreatic cancer and how much this information adds to serum CA19-9.

S24399553

Among smokers with serious mental illness who attained initial abstinence with standard treatment, maintenance pharmacotherapy with varenicline and cognitive behavioral therapy improved prolonged tobacco abstinence rates compared with cognitive behavioral therapy alone after 1 year of treatment and at 6 months after treatment discontinuation.

S24240611

Among adults with out-of-hospital cardiac arrest, there was no significant difference in 4-hour survival between patients treated with the mechanical CPR algorithm or those treated with guideline-adherent manual CPR. The vast majority of survivors in both groups had good neurological outcomes by 6 months. In clinical practice, mechanical CPR using the presented algorithm did not result in improved effectiveness compared with manual CPR.

S24399558

CLINICAL QUESTION:

Among the 3 first-line smoking cessation treatments (nicotine replacement therapy [NRT], bupropion, and varenicline), which is most effective in helping people who smoke achieve and maintain abstinence from smoking for at least 6 months, and what serious adverse events are associated with each?

BOTTOM LINE:

Higher rates of smoking cessation were associated with NRT (17.6%) and bupropion (19.1%) compared with placebo (10.6%). Varenicline (27.6%) and combination NRT (31.5%) (eg, patch plus inhaler) were most effective for achieving smoking cessation. None of the therapies was associated with an increased rate of serious adverse events

S24399557

Since 1980, large reductions in the estimated prevalence of daily smoking were observed at the global level for both men and women, but because of population growth, the number of smokers increased significantly. As tobacco remains a threat to the health of the world's population, intensified efforts to control its use are needed.

S24430321

Recent studies demonstrate a lesser role for aggressive antibiotic or surgical intervention for chronic or recurrent diverticulitis than was previously thought necessary.

S24399556

Between 2004 and 2011, the decline in smoking among individuals with mental illness was significantly less than among those without mental illness, although quit rates were greater among those receiving mental health treatment. This suggests that tobacco control policies and cessation interventions targeting the general population have not worked as effectively for persons with mental illness.

S24399555

Tobacco control was estimated to be associated with avoidance of 8 million premature deaths and an estimated extended mean life span of 19 to 20 years. Although tobacco control represents an important public health achievement, efforts must continue to reduce the effect of smoking on the nation's death toll.

JAMA INTERNAL MEDICINE

S24100714

We observed a trend toward levothyroxine treatment of more marginal degrees of hypothyroidism and a substantial risk of developing a suppressed thyrotropin level following therapy. Large-scale prospective studies are required to assess the risk-benefit ratio of current practice.

S24190578

Gabapentin (particularly the 1800-mg dosage) was effective in treating alcohol dependence and relapse-related symptoms of insomnia, dysphoria, and craving, with a favorable safety profile. Increased implementation of pharmacological treatment of alcohol dependence in primary care may be a major benefit of gabapentin as a treatment option for alcohol dependence.

S24217719

These findings suggest that overweight and obesity are risk factors for MI and IHD regardless of the presence or absence of metabolic syndrome and that metabolic syndrome is no more valuable than BMI in identifying individuals at risk.

S24217806

Overall and abdominal obesity were important and potentially modifiable factors associated with dying or developing mobility disability and major chronic disease before 85 years of age in older women.

S24100783

Using the accelerated diagnostic protocol in the experimental pathway almost doubled the proportion of patients with chest pain discharged early. Clinicians could discharge approximately 1 of 5 patients with chest pain to outpatient follow-up monitoring in less than 6 hours. This diagnostic strategy could be easily replicated in other centers because no extra resources are required.

S24190540

AF is independently associated with an increased risk of incident MI, especially in women and blacks. These findings add to the growing concerns of the seriousness of AF as a public health burden: in addition to being a well-known risk factor for stroke, AF is also associated with increased risk of MI.

S24190287

For decades, stroke has been the principally recognized and most clinically relevant sequelae of atrial fibrillation (AF).¹ However, a recent analysis demonstrated that AF may also lead to worsening renal function, a particularly important observation given that chronic kidney disease has been primarily considered a risk factor for the development of AF.² While coronary artery disease and myocardial infarction (MI) have been demonstrated to increase AF risk,¹ Soliman et al,³ in this issue of JAMA Internal Medicine, show that AF itself may also lead to an increased risk of incident MI. These data therefore add to the growing recognition of important bidirectional relationships between AF and other cardiovascular comorbidities. Just as "AF begets AF,"⁴ we are learning it may also lead to kidney disease, heart failure, and now MI. As we consider these new findings and their implications, we must first carefully examine the strengths and limitations of this recent study as well as the mechanisms through which these observed associations might occur.

JAMA PSYCHIATRY

S24227182

The FMP was pivotal in the overall pattern of decreasing depressive symptoms in midlife women, with higher risk before and lower risk after the FMP. A history of depression strongly increased the risk both before and after menopause. Women who had no history of depression before the menopause transition had a low risk of depressive symptoms 2 or more years after the FMP.

JOURNAL OF THE AMERICAN BOARD OF FAMILY MEDICINE

S24390880

Today's US physician workforce principally comprises specialists trained in the care of specific chronic conditions in the outpatient setting. However, a majority of patients seeking care for most of 14 high-cost chronic conditions, for example hypertension, were more likely to see a primary care physician than a specialist physician (69% vs. 24%, respectively).

S24390887

Providing patients with enhanced feedback did not dramatically change outcomes. However, across groups, many patients maintained or lost weight, suggesting the need for more study of nondiet interventions.

S24390876

This issue's policy brief provides a good summary point for this issue: family physicians are complex care physicians (in addition to their other many roles). Another article demonstrates that family physicians provide more care during a preventive gynecologic visit than obstetrician-gynecologists. Completing the American Board of Family Medicine Maintenance of Certification modules are associated with higher quality of care. A learning collaborative shows the fruits of their effort to implement patient-centered medical homes. A new risk calculator for colorectal cancer is presented. Pregnant patients are more likely to accept the flu vaccine when presented by a physician rather than a nurse or medical assistant. We can "maladapt" to new information, such as not using aspirin for primary cardiac disease prevention or the low risk of lactic acidosis with metformin.

S24390895

Convention holds that the use of metformin is contraindicated in many patients secondary to concerns about lactic acidosis. However, current evidence suggests that metformin-associated lactic acidosis is at most idiosyncratic. Awareness of the current evidence should permit broader use of this valuable medication.

MEDICINA CLINICA

S23332628

Existe una alta variabilidad en las recomendaciones de las guías y otros documentos para el abordaje clínico de la osteoporosis.

S23768852

Se observan variaciones clínicas significativas durante dicho período de tiempo de 19 años, con un incremento en la edad de presentación, en la frecuencia de fibrilación auricular y EPOC y en el uso de la RM cerebral. La HIC constituye un subtipo de ictus grave con una mayor mortalidad precoz y una menor frecuencia de ausencia de sintomatología al alta hospitalaria en comparación con los infartos cerebrales.

S23337454

Los pacientes que inician un tratamiento sustitutivo de la heroína son cada vez de mayor edad y muestran mayor frecuencia de comorbilidad psiquiátrica. Sin embargo, se demuestra un marcado descenso de las infecciones por el VIH y las hepatitis.

S24216011

La presente revisión pretende ofrecer un enfoque práctico de cómo redactar un informe para la evaluación de minusvalía o discapacidad. Para ello, previamente revisaremos de manera breve los tipos de ayuda por minusvalía o discapacidad y los procesos administrativos y judiciales para su evaluación y concesión.

S23433666

Existe variabilidad en las políticas de prevención cardiovascular entre las CCAA. Convendría extender la implantación de una guía consensuada de prevención cardiovascular, la valoración del RCV en la historia clínica electrónica, haciendo especial énfasis en los estilos de vida, y la incorporación de la valoración y control del RCV entre los indicadores de calidad asistencial y los sistemas de incentivación profesional.

REVISTA ESPAÑOLA DE CARDIOLOGIA

S24231045

Hay diferencias clínicas y demográficas entre varones y mujeres que ingresan por un primer infarto de miocardio. El pronóstico a corto plazo es similar en ambos sexos. La mortalidad a 7 años de un primer infarto de miocardio es peor en varones que en mujeres. Estos resultados se observan en infartos agudos de miocardio con y sin elevación del segmento ST.

THE LANCET

S24139977

This form of adapted cognitive behaviour therapy for health anxiety led to sustained symptomatic benefit over 2 years, with no significant effect on total costs. It deserves wider application in medical care.

S24119980

Continuing widespread use of vitamin D for osteoporosis prevention in community-dwelling adults without specific risk factors for vitamin D deficiency seems to be inappropriate.

S24449944

Although age-standardised rates of stroke mortality have decreased worldwide in the past two decades, the absolute number of people who have a stroke every year, stroke survivors, related deaths, and the overall global burden of stroke (DALYs lost) are great and increasing. Further study is needed to improve understanding of stroke determinants and burden worldwide, and to establish causes of disparities and changes in trends in stroke burden between countries of different income levels.

THE NEW ENGLAND JOURNAL OF MEDICINE

S24428469

We observed a J-shaped association between BMI and mortality among all participants and among those who had ever smoked and a direct linear relationship among those who had never smoked. We found no evidence of lower mortality among patients with diabetes who were overweight or obese at diagnosis, as compared with their normal-weight counterparts, or of an obesity paradox.

S24382065

The risk of a crash or near-crash among novice drivers increased with the performance of many secondary tasks, including texting and dialing cell phones.

THORAX

S23908128

We observed a novel association of lower plasma 25(OH)D levels with faster decline in lung function and with a higher risk of COPD in prospective analyses.

S23704227

It is characteristic of asthma that symptoms worsen overnight, particularly in the early hours of the morning. Nocturnal symptoms in asthma are common and are an important indicator for escalation of treatment. An extensive body of research has demonstrated that nocturnal symptoms of cough and dyspnea are accompanied by circadian variations in airway inflammation and physiologic variables, including airflow limitation and airways hyper-responsiveness. The molecular apparatus that underpins circadian variations, controlled by so called 'clock' genes, has recently been characterised. Clock genes control circadian rhythms both centrally, in the suprachiasmatic nucleus of the brain and peripherally, within every organ of the body. Here, we will discuss how clock genes regulate circadian rhythms. We will focus particularly on the peripheral lung clock and the peripheral immune clock and discuss how these might relate to both the pathogenesis and treatment of asthma.