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SELECCIÓN DE REFERENCIAS BIBLIOGRÁFICAS DE LO PUBLICADO EN RELACIÓN CON ATENCIÓN PRIMARIA

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INCIDENCIA Y MORTALIDAD POR CÁNCER COLORRECTAL CON EL CRIBAJE MEDIANTE SIGMOIDOSCOPIO FLEXIBLE

ACADEMIC MEDICINE

S22534593

Despite the national priority to eliminate health disparities, more than half of national physician organizations are doing little to address this problem. Primary care and minority physician organizations, and those with disparities committees, may provide leadership to extend the scope of disparity-reduction efforts.

S22534597

Motivational processes may be a substantially undervalued factor in curriculum development. Building curricula to specifically stimulate motivation in students may powerfully influence the outcomes of curricula. The elements essential for stimulating intrinsic motivation in students, including autonomy support, adequate feedback, and emotional support, appear lacking as a primary aim in many curricular plans.

S22643375

A research report in this issue of Academic Medicine by Peek and colleagues describes how physician organizations are mounting different initiatives targeted at reducing health disparities. The study emphasizes how these organizations are attempting to promote health equity through policies and programs focused on education, clinical

care, research, and advocacy. They found that 68% of surveyed organizations have at least one initiative targeting health disparities. This commentary acknowledges the positive trend uncovered by Peek and colleagues which characterizes the engagement level of national physician organizations on this critical issue, and suggests four ways to enhance future efforts. First, health equity should be linked to overall quality of care and emerging initiatives aimed at transforming the delivery of health care. Second, the effect of such efforts can be magnified by evaluating what works and sharing best practices. Third, interventions must be targeted at institutions as well as individual physicians. Finally, it should be emphasized that the driving rationale for physicians to strive for health equity is the ethical imperative to promote justice in health care.

CIRCULATION

S22572915

Increased arterial stiffness and impaired endothelial function are significant correlates of a higher exercise systolic BP response. Our findings suggest that impaired vascular function may contribute to exaggerated BP responses during daily living, resulting in repetitive increments in load on the heart and vessels and increased cardiovascular disease risk.

S22623717

Chest compression rate was associated with return of spontaneous circulation but not with survival to hospital discharge in OOH cardiac arrest.

ARCHIVOS DE BRONCONEUMOLOGIA

S22421522

Nuestro objetivo fue evaluar la asociación entre tos crónica y las variables que pudieran incidir en el curso de la tos, con objeto de extraer un perfil del tosedor de peor respuesta. En nuestra unidad de tos crónica 192 pacientes fueron seguidos prospectivamente durante 3 meses, durante los que se valoraron y trataron todas las variables que pudieran influir en el reflejo de la tos. La mejoría de la tos se evaluó por la respuesta del paciente ante una escala visual analógica con puntuaciones de 0 a 4, considerándose el valor 0 como «sin cambios», y como mejoría una puntuación en la escala de 3 o 4. Se consideró tos de escasa respuesta si persistía sin mejoría más allá de los 3 meses. Mediante un modelo de regresión logística multivariante se introdujeron variables candidatas a estar asociadas a la mejoría de la tos a los 3 meses. En el modelo final del perfil del tosedor de mal pronóstico permanecen 3 variables: sexo, reflujo gastroesofágico típico y trastorno psicosocial. Ser hombre está asociado con una mejoría de la tos a los 3 meses (OR=2,10, IC95%: 1,00-4,38). Sin embargo, presentar reflujo gastroesofágico está asociado con una reducción de la mejoría a los 3 meses en un 55% (OR=0,45, IC95%: 0,24-0,84), y padecer un trastorno psicosocial disminuye la probabilidad de mejoría de la tos a los 3 meses en un 70% (OR=0,30, IC95%: 0,09-1,03).

S22385832

A pesar de que las recomendaciones de las principales guías clínicas han restringido las indicaciones de los corticoides inhalados en la enfermedad pulmonar obstructiva crónica (EPOC), actualmente más del 80% de los pacientes están recibiendo este tratamiento en España, en su mayoría con dosis elevadas. Una revisión detallada de la literatura no justifica el uso de estas dosis elevadas, posicionamiento que está de acuerdo con las recomendaciones de la FDA. Una revaloración de su seguridad, la consistencia de los datos de eficacia, que muestran resultados similares con dosis moderadas, y una mejor selección de los pacientes exige un replanteamiento del uso de este tratamiento en el paciente con EPOC.

BRITISH JOURNAL OF PSYCHIATRY

S22322459

Alcohol dependence, especially severe current dependence, is a risk factor for an unfavourable course of depressive and/or anxiety disorders, whereas alcohol abuse is not.

S22539780

In the management of functional somatic syndromes, a cognitive-behavioural group treatment was more effective than enhanced usual care.

S22661676

Functional somatic symptoms associated with persistent frequent attendance is emotionally demanding, costly and intractable to treat. Such patients are hard to engage in practice and research by mental health professionals, whose main role may be indirect training, supporting and advising primary care professionals rather than direct patient care.

DRUGS

S22686617

Bilastine is an orally administered, second-generation antihistamine used in the symptomatic treatment of seasonal or perennial allergic rhinoconjunctivitis and urticaria. In two well designed phase III trials, 14 days' treatment with bilastine was associated with a significantly lower area under the effect curve (AUEC) for the reflective total symptom score (TSS) than placebo in patients with symptomatic seasonal allergic rhinitis. Additionally, reflective nasal

symptom scores were significantly lower in bilastine than placebo recipients in patients with a history of seasonal allergic rhinitis who were challenged with grass pollen allergen in a single-centre, phase II study. Neither bilastine nor cetirizine was effective in the treatment of perennial allergic rhinitis with regard to the mean AUEC for reflective TSS in another well designed phase III trial. However, results may have been altered by differences in some baseline characteristics and placebo responses between study countries. In another well designed phase III trial, compared with placebo, bilastine was associated with a significantly greater change from baseline to day 28 in the mean reflective daily urticaria symptom score in patients with chronic urticaria. There were no significant differences in primary endpoint results between bilastine and any of the active comparators used in these trials (i.e. cetirizine, levocetirizine and desloratadine). Bilastine was generally well tolerated, with a tolerability profile that was generally similar to that of the other second-generation antihistamines included in phase III clinical trials.

S22568730

The corticosteroid mometasone and the long-acting β_2 -selective adrenoreceptor agonist formoterol have been combined in a single pressurized metered-dose inhaler for use in patients aged ≥ 12 years with asthma. In a 26-week well designed trial in patients with persistent asthma uncontrolled on medium-dose inhaled corticosteroids (ICS), mometasone/formoterol 200 μ g/10 μ g twice daily (bid) was more effective than placebo or the same nominal dosage of formoterol alone in reducing the incidence of asthma deteriorations, as well as in improving lung function, asthma control, asthma symptoms and asthma-related quality-of-life outcomes. The combination was also more effective than the same nominal dosage of mometasone alone in improving lung function and asthma control. Similarly, in a 12-week well designed trial in patients with persistent asthma uncontrolled on high-dose ICS, mometasone/formoterol 400 μ g/10 μ g bid was more effective than the same nominal dosage of mometasone alone in improving lung function, asthma control and asthma symptoms. Treatment with a lower dosage of the combination (200 μ g/10 μ g bid) yielded similar results and, moreover, significantly reduced the incidence of asthma deteriorations compared with mometasone alone. Mometasone/formoterol was generally well tolerated in clinical trials of 12-52 weeks' duration. The adverse event profile of the combination was consistent with that of its individual components; no new or unexpected safety signals were detected.

EUROPEAN HEART JOURNAL

S22634577

Antisense oligonucleotides (ASOs) are short synthetic analogues of natural nucleic acids designed to specifically bind to a target messenger RNA (mRNA) by Watson-Crick hybridization, inducing selective degradation of the mRNA or prohibiting translation of the selected mRNA into protein. Antisense technology has the ability to inhibit unique targets with high specificity and can be used to inhibit synthesis of a wide range of proteins that could influence lipoprotein levels and other targets. A number of different classes of antisense agents are under development. To date, mipomersen, a 2'-O-methoxyethyl phosphorothioate 20-mer ASO, is the most advanced ASO in clinical development. It is a second-generation ASO developed to inhibit the synthesis of apolipoprotein B (apoB)-100 in the liver. In Phase 3 clinical trials, mipomersen has been shown to significantly reduce plasma low-density lipoprotein cholesterol (LDL-c) as well as other atherogenic apoB containing lipoproteins such as lipoprotein (a) [Lp(a)] and small-dense LDL particles. Although concerns have been raised because of an increase in intrahepatic triglyceride content, preliminary data from long-term studies suggest that with continued treatment, liver fat levels tend to stabilize or decline. Further studies are needed to evaluate potential clinical relevance of these changes. Proprotein convertase subtilisin/kexin-9 (PCSK9) is another promising novel target for lowering LDL-c by ASOs. Both second-generation ASOs and ASOs using locked nucleic acid technology have been developed to inhibit PCSK9 and are under clinical development. Other targets currently being addressed include apoC-III and apo(a) or Lp(a). By directly inhibiting the synthesis of specific proteins, ASO technology offers a promising new approach to influence the metabolism of lipids and to control lipoprotein levels. Its application to a wide variety of potential targets can be expected if these agents prove to be clinically safe and effective.

S22246443

Several independent risk factors (prior ICH, myocardial infarction, vascular disease, and renal failure) predict ischaemic stroke and/or the composite thromboembolism endpoint in AF, but thyroid disease (or hyperthyroidism) was not an independent risk factor for stroke. There is a better performance for CHA(2)DS(2)-VASc over CHADS(2) schemes for the composite thromboembolism endpoint. While both tested bleeding risk schemes have similar predictive value, the HAS-BLED score has the advantage of simplicity.

FAMILY MEDICINE

S22733421

With preparation for, practice, and feedback on leading mini-GMVs, family medicine residents demonstrated improved skills for conducting GMVs.

S22733420

We found broad areas of consensus regarding information PCPs wish to receive about their hospitalized patients that are generally consistent with previous surveys. Our findings also suggest that physicians are becoming more comfortable with patient-related electronic communications.

S22733418

A minority of patients with STI symptoms were empirically treated. Outpatient clinicians should consider whether a patient meets guidelines for empiric STI treatment; this decision should take into account the feasibility of prompt follow-up. This may be especially important in women presenting with STI symptoms.

GACETA SANITARIA

S22197322

La práctica de AFTL y AFTT ha aumentado significativamente en los últimos 20 años en la población trabajadora española. Diferentes factores se asocian a una mayor o menor práctica de AFTL y AFTT en esta población.

REVISTA ESPAÑOLA DE CARDIOLOGIA

S22520867

Entre los hipertensos de alto riesgo vascular, el incumplimiento fue muy alto, fundamentalmente cuando toman cinco o más comprimidos diarios.

S22483404

Aproximadamente la mitad de los españoles tienen colesterolemia elevada; el control del colesterol es pobre, particularmente en aquellos con mayor riesgo cardiovascular, como los diabéticos o los enfermos cardiovasculares.

SCANDINAVIAN JOURNAL OF PRIMARY HEALTH CARE

S22339369

Medical students may have perceptions of the GP's work that influence their career choices to specialize in other fields.

S22643151

CRP is extensively used in OOH services, especially by young and inexperienced doctors, and in central areas. Further investigations are required to see if this extensive use of CRP is of importance for correct diagnosis and treatment

S22643155

The SCORE system does not take into account cardiovascular risk factors typical in women, and thus underestimates their total cardiovascular risk. Measurement of ABI and eGFR in primary care might improve cardiovascular risk assessment, especially in women.

S22643152

It was concluded that it is feasible to create a diabetes register based on information in medical records in general practice. However, special attention should be paid to the validity of the diabetes diagnosis and its classification.

S22643150

Quite small changes were seen in the patterns of reasons for encounter and diagnoses from 1993 to 2009. However, an increase was found in contacts with general practice and referrals and in the proportion of follow-ups.

ANNALS OF INTERNAL MEDICINE

S22711079

Overall, drugs for urgency UI showed similar small benefit. Therapeutic choices should consider the harms profile. Evidence for long-term adherence and safety of treatments is lacking.

S22711077

Approximately 1 in 8 hospitalized patients with AD who develop delirium will have at least 1 adverse outcome, including death, institutionalization, or cognitive decline, associated with delirium. Delirium prevention may represent an important strategy for reducing adverse outcomes in this population.

S22711076

Danish patients with alcoholic cirrhosis have a low risk for HCC, and HCC contributes little to their high mortality. On the basis of these data, HCC surveillance would be expected to have a minimal effect on mortality and is unlikely to be cost-effective.

S22711081

This recommendation statement applies to women who have a cervix, regardless of sexual history. This recommendation statement does not apply to women who have received a diagnosis of a high-grade precancerous cervical lesion or cervical cancer, women with in utero exposure to diethylstilbestrol, or women who are immunocompromised (such as those who are HIV positive). The USPSTF recommends screening for cervical cancer in women aged 21 to 65 years with cytology (Papanicolaou smear) every 3 years or, for women aged 30 to 65 years who want to lengthen the screening interval, screening with a combination of cytology and HPV testing every 5 years. See the Clinical Considerations for discussion of cytology method, HPV testing, and screening interval (A recommendation). The USPSTF recommends against screening for cervical cancer in women younger than age 21 years (D recommendation). The USPSTF recommends against screening for cervical cancer in women older than age 65 years who have had adequate prior screening and are not otherwise at high risk for cervical cancer. See the Clinical Considerations for discussion of adequacy of prior screening and risk factors (D recommendation). The USPSTF recommends against screening for cervical cancer in women who have had a hysterectomy with removal of

the cervix and who do not have a history of a high-grade precancerous lesion (cervical intraepithelial neoplasia grade 2 or 3) or cervical cancer (D recommendation). The USPSTF recommends against screening for cervical cancer with HPV testing, alone or in combination with cytology, in women younger than age 30 years (D recommendation).

S22565034

Screening instruments accurately identify women experiencing IPV. Screening women for IPV can provide benefits that vary by population, while potential adverse effects have minimal effect on most women

S22312131

Neither the CKD-EPI nor the MDRD Study equation is optimal for all populations and GFR ranges. Using a single equation for reporting requires a tradeoff to optimize performance at either higher or lower GFR ranges. A general practice and public health perspective favors the CKD-EPI equation

ATENCION PRIMARIA

S22088774

Realizar espirometría en fumadores de alto riesgo, mostrar los resultados espirométricos y consejo breve antitabaco permite detectar a casos de EPOC no diagnosticados previamente, ver su predisposición a dejar el tabaco y establecer un plan de tratamiento y seguimiento individualizado.

S22608367

Recomendaciones PAPPS 2012 para el cribado cáncer de mama con mamografía en población de riesgo medio – La mamografía de cribado no debería recomendarse a la mujeres de 40 a 49 años (evidencia moderada; recomendación débil en contra) – La mamografía de cribado debería recomendarse a las mujeres de 50 a 69 años cada 2 años (evidencia moderada; recomendación débil a favor) – La mamografía de cribado debería recomendarse a las mujeres de 70 a 74 años cada...

S21871691

El cuestionario VIDA es una herramienta muy fiable, sin presentar sesgo de género. Su medición se asocia con la de otras medidas de funcionalidad y con factores de fragilidad en el anciano.

ARCHIVES OF INTERNAL MEDICINE

S22688992

Smoking remains a strong risk factor for premature mortality also at older age. Smoking cessation is beneficial at any age.

S22732749

Atypical femoral fractures were associated with bisphosphonate use; longer duration of treatment resulted in augmented risk. The incidence of atypical fractures increased over a 12-year period, but the absolute number of such fractures is very small.

S22732744

Statin therapy is an effective intervention in the secondary prevention of cardiovascular events in both sexes, but there is no benefit on stroke and all-cause mortality in women.

ARCHIVES OF GENERAL PSYCHIATRY

S22393205

To our knowledge, this is the first research synthesis in this area to use complete longitudinal person-level data from a large set of published and unpublished studies. The results do not support previous findings that antidepressants show little benefit except for severe depression. The antidepressants fluoxetine and venlafaxine are efficacious for major depressive disorder in all age groups, although more so in youths and adults compared with geriatric patients. Baseline severity was not significantly related to degree of treatment advantage over placebo.

S22309970

Compared with never smokers, middle-aged male smokers experienced faster cognitive decline in global cognition and executive function. In ex-smokers with at least a 10-year cessation, there were no adverse effects on cognitive decline.

DIABETES CARE

S22432104

Once-daily lixisenatide monotherapy significantly improved glycemic control with a pronounced postprandial effect (75% reduction in glucose excursion) and was safe and well tolerated in type 2 diabetes.

S22432119

Risk of death can be predicted in people with type 2 diabetes using simple demographic, socioeconomic, and biological risk factors with fair reliability. Such prediction equations are essential for computer simulation models of diabetes progression and may, with further validation, be useful for patient management.

S22511257

Medication noncompliance and clinic nonattendance, assessed during routine care by primary care physicians or their staff, were independently associated with increased all-cause mortality in patients with type 2 diabetes receiving insulin.

S22619288

Death rates among both U.S. men and women with diabetes declined substantially between 1997 and 2006, reducing the absolute difference between adults with and without diabetes. These encouraging findings, however, suggest that diabetes prevalence is likely to rise in the future if diabetes incidence is not curtailed.

S22538012

Participant reports of family members' nonsupportive behaviors were associated with being less adherent to one's diabetes medication regimen. Participants emphasized the importance of instrumental help for diabetes self-care behaviors and reported that nonsupportive family behaviors sabotaged their efforts to perform these behaviors. Interventions should inform family members about diabetes and enhance their motivation and behavioral skills around not interfering with one's diabetes self-care efforts.

FAMILY PRACTICE

S22006040

GPs are conditionally willing to use new consultation media if clinically appropriate and if medico-legal and technical support is available.

S22308180

There is a lot of congruence in diagnostic process and concepts between populations, across age groups, years of observation and FD practices, despite differences in the strength of such diagnostic associations. There is particularly little variability of diagnostic ORs across years of observation and between individual FD practices. Given our findings, it makes sense to aggregate diagnostic data from different FD practices and years of observation. Our findings support the existence of common core diagnostic concepts in international FM.

S22308182

Data that are collected with an episode-based model define incidence and prevalence rates much more precisely. Incidence and prevalence rates reflect the content of the doctor-patient encounter in FM but only from a superficial perspective. However, we found evidence of an international FM core content and a local FM content reflected by important similarities in such distributions. FM is a complex discipline, and the reduction of the content of a consultation into one or more medical diagnoses, ignoring the patient's RfE, is a coarse reduction, which lacks power to fully characterize a population's health care needs. In fact, RfE distributions seem to be more consistent between populations than distributions of EoCs are, in many respects.

S22308178

ICPC, the RfE and the EoC data model are appropriate tools to study the process of diagnosis in FM. Distributions of diagnostic associations between RfEs and episode titles in the Transition Project international populations show remarkable similarities and congruencies in the process of diagnosis from both the RfE and the episode title perspectives. The congruence of diagnostic associations between populations supports the use of such data from one population to inform diagnostic decisions in another. Differences in the magnitude of such diagnostic associations are significant, and population-specific data are therefore desirable. We propose that both an international (common) and a local (health care system specific) content of FM exist and that the empirical distributions of diagnostic associations presented in this paper are a reflection of both these effects. We also observed that the frequency of exposure to such diagnostic challenges had a strong effect on the confidence intervals of diagnostic ORs reflecting these diagnostic associations. We propose that this constitutes evidence that expertise in FM is associated with frequency of exposure to diagnostic challenges.

S22024665

Findings in general practice and at the Department of Nuclear Medicine were concordant with regard to the threshold value of ABI 0.9. However, this study does not warrant a recommendation of doppler measurements or assessment of ABI as screening or diagnostic procedure due to low specificity of assessments in general practice. Our results indicate a high number of false-positive tests if the method is applied for screening in general practice.

S22045931

The identified themes appear to be core elements of care to patients. Thus, it may be valuable to develop an instrument to measure these three common themes universally. In the patient-centred medical home, such an instrument might turn out to be an important quality measure, which will enable researchers and policy makers to compare care settings and practices and to evaluate new care interventions from the patient perspective.

S22016323

Identification of attitudes/knowledge related with inappropriate antibiotic prescribing will enable specific interventions to be designed, with the aim of targeting these shortcomings to improve antibiotic use and help reduce resistance

S22016322

FPs believe to have sensible strategies for diagnosing depression that are different from the concepts operationalized in psychiatrically oriented classifications. In diagnostic studies, considering standardized psychiatric interviews uncritically as a gold standard for diagnosis of depression in primary care might be misleading.

S22308181

This is a review of the literature on the role of symptoms in family practice, with a focus on the diagnostic approach in family medicine (FM). We found two, contrasting, approaches to reducing symptoms presented by patients in primary

care, especially those which do not immediately allow the definition of a disease-label diagnosis. Years of research into 'medically unexplained symptoms' (MUS) has failed to support an international body of knowledge and cannot convincingly support the philosophy on which the reduction itself is based. This review supports the approach of researching reasons for encounter as they present to the family doctor, without artificial mind-body metaphors. The medical model is shown to be an incomplete reduction of FM, and the concept of MUS fails to improve this situation. A new model based on a substantial paradigm shift is needed. That model should be the biopsychosocial model, reflected in the philosophical concepts of the International Classification of Primary Care and the value of the patient's 'reason for encounter'. There is more to life than medicine may diagnose, and FM should strive to move closer to the lives of our patients than the medical model alone could allow.

JOURNAL OF THE AMERICAN MEDICAL JOURNAL

S22706834

In a population-based cohort, aspirin use was significantly associated with an increased risk of major gastrointestinal or cerebral bleeding episodes. Patients with diabetes had a high rate of bleeding that was not independently associated with aspirin use.

S22610500

Low-dose computed tomography screening may benefit individuals at an increased risk for lung cancer, but uncertainty exists about the potential harms of screening and the generalizability of results.

S22692172

Within integrated health care systems, there was a large increase in the rate of advanced diagnostic imaging and associated radiation exposure between 1996 and 2010.

S22706833

Among primary care patients with depression, providing CBT over the telephone compared with face-to-face resulted in lower attrition and close to equivalent improvement in depression at posttreatment. At 6-month follow-up, patients remained less depressed relative to baseline; however, those receiving face-to-face CBT were less depressed than those receiving T-CBT. These results indicate that T-CBT improves adherence compared with face-to-face delivery, but at the cost of some increased risk of poorer maintenance of gains after treatment cessation.

THE LANCET

S22541275

The association between cIMT progression assessed from two ultrasound scans and cardiovascular risk in the general population remains unproven. No conclusion can be derived for the use of cIMT progression as a surrogate in clinical trials.

S22534001

Despite rapid progress in measles control from 2000 to 2007, delayed implementation of accelerated disease control in India and continued outbreaks in Africa stalled momentum towards the 2010 global measles mortality reduction goal. Intensified control measures and renewed political and financial commitment are needed to achieve mortality reduction targets and lay the foundation for future global eradication of measles.

S22683137

These findings provide evidence for the benefits of exenatide versus glimepiride for control of glycaemic deterioration in patients with type-2 diabetes inadequately controlled by metformin alone.

S22579125

Child survival strategies should direct resources toward the leading causes of child mortality, with attention focusing on infectious and neonatal causes. More rapid decreases from 2010-15 will need accelerated reduction for the most common causes of death, notably pneumonia and preterm birth complications. Continued efforts to gather high-quality data and enhance estimation methods are essential for the improvement of future estimates.

S22683134

We conclude that prediabetes is a high-risk state for diabetes, especially in patients who remain with prediabetes despite intensive lifestyle intervention. Reversion to normal glucose regulation, even if transient, is associated with a significantly reduced risk of future diabetes independent of previous treatment group.

S22683131

Our results support the option of addition of basal insulin in patients with type 2 diabetes inadequately controlled by metformin. Long-term benefits might be expected from the achievement of optimum glycaemic control early in the course of the disease.

S22682464

The burden of preterm birth is substantial and is increasing in those regions with reliable data. Improved recording of all pregnancy outcomes and standard application of preterm definitions is important. We recommend the addition of a data-quality indicator of the per cent of all live preterm births that are under 28 weeks' gestation. Distinguishing preterm births that are spontaneous from those that are provider-initiated is important to monitor trends associated with increased caesarean sections. Rapid scale up of basic interventions could accelerate progress towards Millennium Development Goal 4 for child survival and beyond.

S22632907

The evidence indicates that intravenous rt-PA increased the proportion of patients who were alive with favourable outcome and alive and independent at final follow-up. The data strengthen previous evidence to treat patients as early as possible after acute ischaemic stroke, although some patients might benefit up to 6 h after stroke.

MEDICINA CLINICA

S22401736

Hyponatremia in patients admitted in an AGU is a prevalent disorder related with a greater hospital length of stay, but not with mortality.

S21696787

Los desequilibrios tanto en macronutrientes como en micronutrientes reflejan la importancia de desarrollar adecuadas políticas de educación alimentaria universitaria que pueden mejorar esta situación.

S22538065

Un adecuado control de la PA se asocia con un aumento del valor del ITB tras un año de seguimiento.

S22257602

El control de la ingesta y del metabolismo energético depende de complejas interacciones entre los sistemas que regulan la homeostasis energética, el control hedonista de la ingesta y las señales que provienen de los sentidos. Gracias a estudios experimentales en animales y a la observación de pacientes con trastornos de la conducta alimentaria, se está avanzando significativamente en el conocimiento de la regulación del apetito. El hipotálamo es la región cerebral clave en el control de la alimentación. Las múltiples regiones hipotalámicas envían y reciben señales procedentes de la ínsula, la corteza orbitofrontal, el núcleo accumbens y el sistema de recompensa dopaminérgico, así como señales químicas, incluyendo péptidos y hormonas gastrointestinales, para regular la conducta alimentaria. Investigaciones recientes muestran la compleja interacción entre los mecanismos homeostáticos y hedonistas de la ingesta, compartiendo mecanismos neurobiológicos con las adicciones. La identificación de dianas terapéuticas hará posible el desarrollo de fármacos eficaces para el tratamiento de los trastornos de la conducta alimentaria, como la obesidad.

S21813141

El diagnóstico de SM no mostró una aportación significativa a los factores clásicos de riesgo cardiovascular como predictor de ECV, en hipertensos no diabéticos en prevención primaria. La presión arterial sistólica =160mm Hg y el colesterol LDL =160mg/dl durante el seguimiento sí que se asociaron a la aparición de ECV.

THE NEW ENGLAND JOURNAL OF MEDICINE

S22540912

Monotherapy with metformin was associated with durable glycemic control in approximately half of children and adolescents with type 2 diabetes. The addition of rosiglitazone, but not an intensive lifestyle intervention, was superior to metformin alone.

S22612596

Screening with flexible sigmoidoscopy was associated with a significant decrease in colorectal-cancer incidence (in both the distal and proximal colon) and mortality (distal colon only).

S22693997

Although the absolute risks of thrombotic stroke and myocardial infarction associated with the use of hormonal contraception were low, the risk was increased by a factor of 0.9 to 1.7 with oral contraceptives that included ethinyl estradiol at a dose of 20 µg and by a factor of 1.3 to 2.3 with those that included ethinyl estradiol at a dose of 30 to 40 µg, with relatively small differences in risk according to progestin type.

S22591257

For novel therapeutic agents approved between 2001 and 2010, the FDA reviewed applications involving novel therapeutics more quickly, on average, than did the EMA or Health Canada, and the vast majority of these new therapeutic agents were first approved for use in the United States

BRITISH MEDICAL JOURNAL

S22674920

Booklet based vestibular rehabilitation for chronic dizziness is a simple and cost effective means of improving patient reported outcomes in primary care.

S22677795

Pre-diabetes, defined as impaired glucose tolerance or a combination of impaired fasting glucose and impaired glucose tolerance, may be associated with a higher future risk of stroke, but the relative risks are modest and may reflect underlying confounding.

S22539172

A single programme for people with newly diagnosed type 2 diabetes mellitus showed no difference in biomedical or lifestyle outcomes at three years although there were sustained improvements in some illness beliefs.

S22674921

The addition of a facilitated physical activity intervention to usual care did not improve depression outcome or reduce use of antidepressants compared with usual care alone.

S22653981

The use of pioglitazone is associated with an increased risk of incident bladder cancer among people with type 2 diabetes.

S22692650

Updated prediction models including age, sex, symptoms, and cardiovascular risk factors allow for accurate estimation of the pretest probability of coronary artery disease in low prevalence populations. Addition of coronary calcium scores to the prediction models improves the estimates.

S22619193

A single ultrasound guided dexamethasone injection is a safe and effective short term treatment for plantar fasciitis. It provides greater pain relief than placebo at four weeks and reduces abnormal swelling of the plantar fascia for up to three months. However, clinicians offering this treatment should also note that significant pain relief did not continue beyond four weeks.

S22674922

Combined with a low clinical probability of deep vein thrombosis, use of the age dependent D-dimer cut-off value for patients older than 50 years or the cut-off value of 750 µg/L for patients aged 60 years and older resulted in a considerable increase in the proportion of patients in primary care in whom deep vein thrombosis could be safely excluded, compared with the conventional cut-off value of 500 µg/L.

S22645184

Serum glucose levels on admission to hospital can predict death in patients with community acquired pneumonia without pre-existing diabetes. Acute hyperglycaemia may therefore identify patients in need of intensified care to reduce the risk of death from community acquired pneumonia.

S22653982

The blood pressure and cholesterol lowering effects of dark chocolate consumption are beneficial in the prevention of cardiovascular events in a population with metabolic syndrome. Daily dark chocolate consumption could be an effective cardiovascular preventive strategy in this population.