Surprises and reaffirmations in 2008 clinical trials

Clinical trials in 2008 showed us that too much glucose is bad, but trying too hard to lower it may be worse. Low-density lipoprotein cholesterol promotes cardiovascular morbidity, and starts to do so even when the person is apparently healthy.

B.F. MANDELL

A persistently swollen lip

An otherwise healthy man has had asymptomatic swelling of his lower lip for 10 months. What is the cause? What is the treatment?

S. VAŇO-GALVÁN, P. MORENO-MARTÍN, J.M.ARRAZOLA, AND P. JAÉN

Hepatitis B:
A strategy for evaluation and management

A single approach to treatment cannot be applied to all patients. Acute, adult-acquired infection rarely requires treatment, whereas treatment for chronic infection should be based on the patient’s clinical situation and test results.

H.M. ELGOIHARI, T.I. ABU-RAJAB TAMIMI, AND T. CAREY

Interpreting key trials

JUPITER to Earth:
A statin helps people with normal LDL-C and high CRP, but what does it mean?

How low should we go with low-density lipoprotein cholesterol, and at what cost? What is the role of screening C-reactive protein? The JUPITER study partially answered these questions.

M.H. SHISHEBÓR AND S.L. HAZEN

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The answer: Nearly everyone who is age 60 and older, immunocompetent, and without contraindications to it.
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Alzheimer disease: 49
Time to improve its diagnosis and treatment
Basic research is bringing a much-needed infusion of optimism and urgency to the clinical diagnosis and treatment of Alzheimer disease. Some of its risk factors may be modifiable, and although current drugs offer only modest benefit, true disease-modifying drugs are on the horizon.
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Depression is a risk factor for new cardiac disease and has a detrimental effect in established cardiac disease. Clinicians should routinely screen for it in cardiac patients and should not hesitate to treat it.
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- What workup for a palpable breast mass?
- Psychiatric symptoms in dementia: Treatable, but no silver bullets
- Cancer and clots: All VTE is not the same
- Optic neuritis: A harbinger of MS
- When are anticoagulants safe in pregnancy?
- The varieties of pet bird zoonosis
- How do omega-3 fatty acids improve heart health?