

# Evidence-Based Medicine



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- 55 Current evidence suggests phyto-oestrogens are safe and well tolerated by postmenopausal women, with moderately increased risk of adverse gastrointestinal effects compared with placebo
- 56 Compared with usual care, supervised exercise in primary care for people with patellofemoral syndrome does not significantly increase self-reported recovery but improves pain and function in the short term and pain in the long term
- 57 Telephone-delivered collaborative care for post-CABG depression is more effective than usual care for improving mental-health-related quality of life
- 59 Use of sedatives and hypnotics, antidepressants and benzodiazepines in older people significantly increases their risk of falls
- 60 Adverse effects of treatment in randomised controlled trials are variably and inconsistently reported

### Diagnosis


- 61 Serious pathology in people presenting to primary care with acute low back pain is rare (0.9%), but high false-positive rates for some 'red flags' may limit their diagnostic value
- 62 Mammography reduces breast cancer mortality in women aged 39-69 years; but harms may outweigh benefits in women under 50

### Prevalence

- 64 Prevalence of myocardial infarction in the USA has decreased over a 10-15-year period in midlife men but increased in women, with a greater decrease in cardiovascular risk in men compared to women

### Reprinted from DTB

- 65 Generic prescribing in epilepsy

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