


Evidence-Based Medicine




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Therapeutics

- 69** Combined estrogen plus progestin may reduce coronary heart disease risk after 5 years of use in postmenopausal women starting treatment within 10 years of menopause
- 71**  Intermittent preventive treatment of infants with mefloquine reduces risk of clinical malaria in areas of moderate malaria transmission and high resistance to sulphadoxine-pyrimethamine, but safety and tolerability issues need consideration
- 73** Pregabalin similar to lorazepam for alcohol withdrawal symptoms
- 74** Rosuvastatin is similarly effective for primary prevention of cardiovascular disease in women as in men
- 75** Daily self-monitoring unlikely to be cost-effective in adults with type 2 diabetes not using insulin in Canada
- 76** Insufficient evidence to recommend routine adjunctive chest physiotherapy for adults with pneumonia
- 77** Nicotine patch plus lozenge gives greatest increases in abstinence from smoking rates at 6 months compared with placebo; smaller effects seen with nicotine patch alone, bupropion or nicotine lozenges alone or combined
- 78** Combination therapy with long-acting β -agonists plus inhaled corticosteroids is no more effective than LABA monotherapy for mortality outcomes and severe exacerbations in moderate to very severe COPD and is associated with serious adverse effects
- 80** Quadrivalent HPV vaccine administered to women who became pregnant during trials did not appear to adversely affect pregnancy outcome; however, use during pregnancy is not recommended
- 81** No evidence that vaccinating health care workers prevents flu in elderly residents in long-term care facilities
- 82** Most physical tests to identify lumbar-disc herniation show poor diagnostic performance when used in isolation, but findings may not apply to primary care
- 83** Training paediatricians to follow guidelines for the management of acute gastroenteritis improves guideline adherence and reduces the duration of diarrhoea in young children
- 84** There is a slight increase in incident diabetes risk with the use of statins, but benefits likely outweigh any adverse effects in those with moderate-to-high cardiovascular risk

Treatment

- 86** Standard medical care does not offer sufficient relief of non-specific chest pain leading to additional diagnostic testing of no clinical benefit
- 87** Extending transdermal nicotine therapy from 8 to 24 weeks increases point-prevalence abstinence at 24 but not 52 weeks
- 88** Catheter ablation treatment for paroxysmal atrial fibrillation results in a longer time to treatment failure than anti-arrhythmic drugs and improves quality of life
- 90**  Targeted, immediate antibiotics following a positive dipstick test may be the optimal management strategy
- 91** Low-carbohydrate ketogenic diet and the combination of orlistat with a low-fat diet lead to comparable improvements in weight and blood lipids, but LCKD more beneficial for blood pressure
- 92** The use of diuretics plus calcium channel blockers for hypertension may be associated with a higher risk of myocardial infarction but not stroke compared with the combination of diuretics plus β blockers

Prevalence


- 94** Reliance on self-reporting underestimates pregnancy smoking rates in Scotland, with more than 2400 pregnant smokers estimated to be missed each year
- 95** Specialist visits (urologist, radiation oncologist, medical oncologist) are strongly associated with treatment received for prostate cancer in the USA

Prognosis

- 97** Interventions to improve secondary prevention after stroke are needed: adherence to prescribed preventative drugs after stroke declines rapidly during the first 2 years after hospital discharge

Purpose and procedure

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