

Evidence-Based Medicine

February 2011 Vol 16 No 1

Contents

EBM round-up

- 1 EBM round-up: February 2011



Editorial

- 5 Worldwide evidence-based medicine activities



Resource review

- 6 Resource review on: *How to Read a Paper – the Basics of Evidence Based Medicine*. Fourth edition. Oxford: Wiley-Blackwell 2010

Therapeutics

- 7 Nateglinide does not reduce the incidence of diabetes or cardiovascular outcomes in people with impaired glucose tolerance and cardiovascular disease or risk factors
- 8 Statins are not associated with a decrease in all cause mortality in a high-risk primary prevention setting
- 9 Pregabalin is more effective than placebo for restless legs syndrome with mild adverse effects of daytime somnolence, headache and unsteadiness
- 10 Low-dose rosiglitazone plus metformin reduces risk of incident type 2 diabetes compared with placebo in people with impaired glucose tolerance
- 12 Large placebo-controlled RCT in myocardial infarction survivors finds that daily folic acid and vitamin B12 have no effect on risk of major vascular event
- 13 Proton pump inhibitors given before endoscopy for upper gastrointestinal bleeding do not improve survival, rebleeding or need for surgery
- 14 In diabetic nephropathy, high doses of vitamin B decrease glomerular filtration rate and increase risk of the composite outcome of a vascular event or all-cause mortality compared with placebo
- 16 Allergen-specific immunotherapy improves asthma symptoms compared with placebo, but the possibility of adverse effects should be considered
- 17 In people with poorly controlled hypertension, self-management including telemonitoring is more effective than usual care for reducing systolic blood pressure at 6 and 12 months

Diagnosis

- 19 An automated molecular test for *Mycobacterium tuberculosis* and resistance to rifampin (Xpert MTB/RIF) is sensitive and can be carried out in less than 2 h
- 20 Meta-analysis finds screening for prostate cancer with PSA does not reduce prostate cancer-related or all-cause mortality but results likely due to heterogeneity – the two highest quality studies identified do find prostate cancer-related mortality reductions

Prognosis

- 22 Odds of favourable 3-month outcome following ischaemic stroke are greatest when treatment with intravenous alteplase is initiated up to 90 min following event, with no benefit seen if alteplase is given after 270 min
- 23 Prognostic value of CRP in stable coronary artery disease unclear due to a variety of biases in existing studies, therefore no clinical practice recommendations can be made
- 24 Lowering systolic blood pressure below 130 mm Hg does not improve cardiovascular outcomes in hypertensive patients with diabetes and coronary artery disease

Aetiology

- 27 Increased consumption of green leafy vegetables, but not fruit, vegetables or fruit and vegetables combined, is associated with reduced incidence of type 2 diabetes
- 28 Long-term use of oral bisphosphonates increases the risk of oesophageal but not gastric or colorectal cancer
- 30 Does antiviral medication for treating herpes simplex during pregnancy increase the risk of birth defects in offspring?
- 31 In people with subclinical hypothyroidism, TSH level >10 mIU/l may predict increased risk of coronary heart disease and related mortality

Electronic pages

- e1 Purpose and procedure



This article has been chosen by the Editor to be of special interest or importance and is freely available online.

C O P E COMMITTEE ON PUBLICATION ETHICS

This journal is a member of and subscribes to the principles of the Committee on Publication Ethics

www.publicationethics.org.uk

equator network



When you have finished with this please recycle it