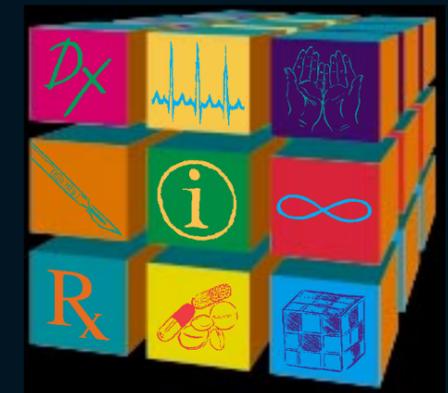


Evidence-Based Medicine

Editors: Brian Haynes & Paul Glasziou



Contents

Purpose and procedure	34	
Additional articles abstracted in <i>ACP Journal Club</i>	35	
EBM notebook: clinical expertise in the era of evidence-based medicine and patient choice	36	
Resource corner	39	
Therapeutics		
The Dietary Approaches to Stop Hypertension diet lowered systolic blood pressure in stage 1 isolated systolic hypertension	41	
Combined treatment with indapamide and perindopril but not perindopril alone reduced the risk for recurrent stroke	42	
Clopidogrel plus aspirin was effective but increased bleeding in acute coronary syndromes without ST-segment elevation	43	
A nurse-led intervention reduced risk factors, anxiety, and depression in patients waiting for CABG	44	
Revascularisation led to less angina and fewer adverse cardiac events than did optimal medical care in angina pectoris in the elderly	45	
Continuous and intermittent sibutramine were equally effective at 44 weeks for reducing weight in obesity	46	
Levodopa plus carbidopa before physiotherapy increased motor recovery after stroke	47	
Review: thrombolysis increases short term death and intracranial haemorrhage but decreases long term death or dependence	48	
Review: studies on the cardiovascular effects of selective COX-2 inhibitors show mixed results	49	
Review: long term lithium treatment lowers suicide risk in major affective disorder	50	
Review: problem solving treatment after deliberate self harm improves depression, hopelessness, and personal problems	51	
Review: behavioural interventions show the most promise for chronic fatigue syndrome	52	
Review: mucolytic drugs reduce exacerbations, illness days, and antibiotic use in chronic bronchitis and chronic obstructive pulmonary disease	53	
Zinc or vitamin A reduced diarrhoea in young, poor Bangladeshi children	54	
A rice based diet with green banana or pectin reduced diarrhoea in infants better than a rice alone diet	55	
Physiotherapy, aerobics, and training devices reduced pain intensity and frequency in chronic low back pain	56	
Review: antidepressants improve headache in patients with chronic headache	57	
Diagnosis		
Review: CT angiography and magnetic resonance imaging are the best less invasive tests for renal artery stenosis	58	
B-natriuretic peptide concentrations had high sensitivity and specificity for detecting abnormal ventricular function	59	
Prognosis		
Children infected with meningitis before 1 year of age were at increased risk for disability at 5 years of age	60	
Etiology		
Low level prenatal alcohol exposure was associated with adverse behavioural outcomes in children at 6 to 7 years of age	61	
Quality improvement		
Review: multidisciplinary coronary heart disease management programmes improve the process of care and reduce hospital admissions	62	
Economics		
An intranasal influenza vaccine for the prevention of influenza in healthy children was cost effective	63	
Differential diagnosis		
A standardised sequential clinical examination identified probable causes of syncope in 69% of patients	64	