Evidence-Based Medicine





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- 107 A restrictive perioperative transfusion strategy does not increase all-cause mortality (30 days) or morbidity compared with a liberal approach in patients undergoing cardiac surgery
- 108 Treatment with the probiotic VSL#3 as an adjunctive therapy in relapsing mild-to-moderate ulcerative colitis significantly reduces ulcerative colitis disease activity
- 109 Catheter-based renal sympathetic denervation reduces systolic blood pressure by 32 mm Hq in people with treatment-resistant hypertension
- 110 Multicentre trial in people with arthritis finds increased risk of clinically significant gastrointestinal events with diclofenac plus omeprazole compared with celecoxib
- **112** High-protein and low-glycaemic diets improve dietary compliance and maintenance of weight loss in overweight adults who have lost weight on a low-calorie diet
- 113 Varenicline increases smoking abstinence at 6 months to a year compared with placebo or bupropion; nausea is the most commonly reported adverse effect
- 114 Paracetamol is more effective than placebo for migraine, and paracetamol 1000 mg plus metoclopramide 10 mg is similarly effective to oral sumatriptan 100 mg for migraine relief at 2 h

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- Corticosteroid injection for lateral epicondylalgia is 116 helpful in the short term, but harmful in the longer (term: data for noncorticosteroid injections and EDITOR'S other tendinopathies are limited
- 117 No effect of folic acid supplementation on cardiovascular events, cancer or mortality after 5 years in people at increased cardiovascular risk, although homocysteine levels are reduced
- 118 Six months following first unprovoked seizure, antiepileptic-treated adults have a recurrence risk in the following 12 months of significantly below the 20% threshold required to regain their driving license
- 120 In preterm infants with recurrent apnoea, methylxanthine reduces the number of episodes and the use of mechanical ventilation in the short term; caffeine is also associated with improved longer term outcomes
- 121 Eplerenone reduces risk of cardiovascular death or hospitalisation in heart failure patients with reduced ejection fraction
- 122 Valsartan is more effective than placebo in reducing the incidence of diabetes in people with impaired glucose tolerance and cardiovascular disease or risk factors but has no effect on cardiovascular outcomes

Prognosis

- 124 Carrying one or two reduced-function CYP2C19 alleles is associated with an increased risk of major adverse cardiovascular events in people undergoing percutaneous coronary intervention and treated with clopidoarel
- 125 Gestational weight loss in overweight and obese women is associated with an increased risk of small for gestational age infants
- Women with cytologically atypical glandular cells 127 are at increased risk of developing gynaecological malignancy

Electronic pages

e1 Purpose and procedure



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