Learning Objectives

- Review recent evidence based research
- Analyze new research’s effect on clinical practice

Not a Good Year for Aspirin

- Aspirin use prevented serious vascular events in persons who had diabetes and no evident cardiovascular disease at trial entry, but it also caused major bleeding events.
- The absolute benefits were largely counterbalanced by the bleeding hazard.
- Decision whether to use aspirin for primary prevention of cardiovascular disease and cancer should be made based on shared decision-making
Dual Antiplatelet Therapy (DAPT)
- NEJM. 2018 Jul 19;377[3]:215-25
- 21 days of DAPT sensible cut-off following mild ischemic stroke or TIA
- Same benefit as 90 days of tx but less excess bleeding
- Start DAPT quickly after mild ischemic stroke or TIA
- Use DAPT calculator: http://tools.acc.org/DAPTriskapp#!/content/calculator

ACC/AHA Lipid Management Guidelines
- Update to 2013 guidelines
- Still emphasize lipid management to lower risk of ASCVD
- Emphasizes personalized risk

ACC/AHA Lipid Management Guidelines
- Incorporates newer treatment regimens
- Guidelines integrate additional risk factors such as CKD, Family hx, Ethnicity, chronic inflammatory diseases, etc.
- Use of ASCVD risk calculator
Women’s Midlife Health and Subclinical Carotid Atherosclerosis

- Healthy lifestyle during menopausal transition (ages 42-52 years) is associated with less subclinical atherosclerosis
- Abstinence from smoking had the strongest impact
- Highlights importance of lifestyle interventions during midlife to prevent cardiovascular disease

Obesity & Colon Cancer Risk in Younger Women

- Findings In a prospective cohort study of 85,256 women, those with obesity (body mass index ≥30) had a nearly doubled risk of early-onset colorectal cancer compared with women with a body mass index of 18.5 to 22.9.

Obesity & Colon Cancer Risk in Women

- The findings suggest that obesity is associated with an increased risk of early-onset colorectal cancer; further investigations are needed to identify whether this association is causal.
- Take away point – counsel on healthy weight goals and lifestyle changes to achieve healthy weight
An Un-Happy Meal
- online-library.wiley.com/doi/full/10.1111/resp.13339
- Consumption of fast food linked to severe asthma and current wheeze

Diet for Weight Loss
- www.sciencedirect.com/science/article/pii/S0899900718300819
- 35g fiber/day
- 0.8g/kg/day lean protein
- Lost an average of 4.4 lbs in 12 weeks

ACS Colorectal Screening
- People at average risk of colorectal cancer start screening at age 45 years – qualified recommendation
- Screening can be done with stool-based test or visual test
**H. Pylori testing**

- New indications for *H. pylori* testing:
  - Starting long term NSAID (strong recommendation)
  - Taking long term, low dose ASA
  - Already taking NSAID
  - Unexplained iron deficiency anemia
  - Idiopathic thrombocytopenia

**H. Pylori testing**

Noninvasive tests that detect *H. pylori* are stool antigen test and urea breath test

**ACG Crohn’s Disease Management Guidelines**

- [https://www.nature.com/articles/ajg201827](https://www.nature.com/articles/ajg201827)
- Fecal calprotectin testing – can distinguish IBS from irritable bowel disease
- Short-term oral corticosteroids to treat moderate-severe Crohn’s disease
- Avoid NSAIDS and cigarette smoking
Amitriptyline & Chronic LBP

- Randomized clinical trial of 146 participants with chronic low back pain, the use of low-dose amitriptyline did not demonstrate an improvement in pain, disability, or work at 6 months
- However, there was a reduction in disability at 3 months, an improvement in pain intensity that was nonsignificant at 6 months, and minimal adverse events reported for the treatment group.

- These results suggest that low-dose amitriptyline may be an effective treatment for chronic low back pain; although large-scale trials are needed, it may be worth considering amitriptyline, especially if the alternative is opioids.

TENS and Fibromyalgia

- Crofford LJ et al. ACR Annual Meeting, Abstract LB19
- TENS for at least 2 hours daily for 4 weeks → 44% had at least a 30% reduction in pain with movement
- 29% of women reported 20% reduction in fatigue
- Will publish effective TENS parameters once study is published
Unused Opioids

- 73% of patients who had stopped opioid therapy reported possessing unused opioids at one-month follow up (from joint or spine surgery)
- 34% of patients reported possessing unused opioids at 6 month follow up
- More than 90% reported unsafe storage of and failure to dispose of opioids

Interventions needed to educate patients on safe disposal of opioids and link them to drug “take back” programs

One American dies every 12.5 minutes due to drug overdose

Lung Cancer Screening Recs from ACCP

- Chest, April 2018;153(4):954-985
- Low dose CT recommended annually for asymptomatic adults ages 55-77 yo who have smoked at least 30 pack years, and who continue to smoke or have quit within the past 15 years
USPSTF Grade Definitions

- GRADE A – Offer or provide this service, net benefit high
- GRADE B – Offer or provide this service, net benefit moderate
- GRADE C – Offer to selected patients based on patient preferences and clinical factors
- GRADE D – Discourage use of this service, no net benefit or harm outweighs benefit
- GRADE I - insufficient evidence to assess risks vs benefits

HIV screening

- Nov. 2018 USPSTF update
- “A” recommendation
- Screen all people aged 15-65 years

HIV screening

- Screen all pregnant women, including those who present in labor and HIV status unknown
- Screen with assay that detects HIV-1 & HIV-2 antibodies, and HIV-1 antigen
PrEP for High Risk Patients
- USPSTF draft recommendation Nov. 2018
- Offer PrEP with effective antiretroviral therapy for patients at high risk of HIV
- “A” recommendation

Prostate Cancer Screening
- Updated May 2018
- Grade “C” recommendation for men aged 55-69 years
- Grade “D” recommendation for men 70 years and older

Social Determinants of Health
- www.ncbi.nlm.nih.gov PMC6039851/
- Three risks make adult patients more likely to be high-cost utilizers of healthcare:
  - Psychiatric diagnosis
  - Financial stressors
  - Adverse childhood experiences
Social Determinants of Health

- AAFP’s EveryONE project: [www.aafp.org/patient-care/social-determinants-of-health/everyone-project.html](http://www.aafp.org/patient-care/social-determinants-of-health/everyone-project.html)
- “Help family physicians take action and confront health disparities head on”
- Neighborhood Navigator – interactive, point of care tool available to AAFP members
- Connects patients to resources and programs in their neighborhood

Child Maltreatment Interventions

- USPSTF “I” recommendation
- Nov. 2018 update
- More research needed to prevent maltreatment before it occurs

- Recommendation applies to children who don’t have signs or symptoms of maltreatment
- Healthcare Providers are still obligatory reporters:
  - Children with signs or symptoms suggestive of maltreatment should be assessed or reported according to the applicable state laws
Children in Peril
- http://pediatrics.aappublications.org/content/141/4/e20173517.full
- After non-fatal self harm, adolescents and young adults were at increased risk of suicide
- Higher risk if initially used violent means or of Alaskan native or American Indian descent
- Highlights importance of close follow up after self-harm events

First Gyn visit
- ACOG Committee opinion
- First visit between ages 13-15 yrs.
- Develop relationship and trust before visits for problem management
- Use visit for education — puberty, menses, healthy sexual relationships, dating violence, sexual coercion, etc.

Mobile Contraceptive App
- Approved by FDA
- Called “Natural Cycles”
- Uses data from daily body temp. readings and menstrual cycle information to calculate fertile days of the month
- Intended for use in patients aged ≥ 18 years
Mobile Contraceptive App

- "Perfect Use" failure rate 1.8%
- "Normal Use" failure rate 6.5%

DPP-4 and CKD

- Retrospective analysis of T2DM VA system patients who took DPP-4 inhibitors vs T2DM VA patients who did not take these drugs
- Significant reduction in all-cause mortality and progression toward ESRD in DPP-4 group, independent of glucose control

Second line ADMs and CVD in T2DM

- Second line antidiabetic medications: GLP-1 receptor agonists, DPP-4 inhibitors, and SGLT-2 inhibitors associated with similar CV outcomes
- Sulfonylureas and basal insulin comparatively higher CV risk
- Consider prescribing newer ADM classes of medications after metformin
ADA T2DM Guidelines for Children & Teens
- [http://care.diabetesjournals.org/content/early/2018/10/26/dc18-0052](http://care.diabetesjournals.org/content/early/2018/10/26/dc18-0052)
- Position statement that covers diagnosis, lifestyle management, pharmacologic therapy, treatment goals, screening for complications of T2DM and more

References
- [www.ahajournals.org/doi/10.1161/circ.138.suppl_1.12301](http://www.ahajournals.org/doi/10.1161/circ.138.suppl_1.12301)
- Chey WD et al. Am J Gastroenterol. 2017;112(2):212-239
- [https://www.nature.com/articles/aig201827](https://www.nature.com/articles/aig201827)

References cont’d
- [journals.lww.com/anesthesia-analgesia/Abstract/publishahead/Opioid_Oversupply_After_Joint_and_Spine_Surgery__96809.aspx](http://journals.lww.com/anesthesia-analgesia/Abstract/publishahead/Opioid_Oversupply_After_Joint_and_Spine_Surgery__96809.aspx)
- [Chest, April 2018;153(4):954-985](http://www.chestjournal.org/DOI/10.1378/chest.17-0000)
References cont’d

- www.ncbi.nlm.nih.gov/pmc/articles/PMC6039851/
- www.aafp.org/patient-care/social-determinants-of- health/everyone-project.html
- http://pediatrics.aappublications.org/content/141/4/e20173 517.full

References cont’d

- http://care.diabetesjournals.org/content/early/2018/10/26/ dc18-0052

Thank you!

Questions?