Breast Cancer

This systematic review and meta-analysis, which incorporated new data from two recently published reports, indicates that the net benefits of initiating mammographic screening at the age of 40 are small.

In terms of reducing breast cancer mortality, models which initiate biennial mammographic screening at the age of 50 produce the most benefit for additional mammographic cost (i.e., are most “efficient”).

Prescribing paroxetine to women receiving tamoxifen for breast cancer can adversely affect mortality.

Surprisingly, this cohort study of breast cancer survivors in China indicated that higher levels of soy intake are associated with lower mortality and breast cancer recurrence.


Cardiology


   This meta-analysis, which incorporates evidence from six new studies and over 200,000 additional patients, reveals an association between migraine with aura and ischemic stroke. There was no association with migraine of any type and myocardial infarction or death from cardiovascular disease.


Career development


Cervical Cancer Screening

   Liquid based cytology is not superior to conventional Pap smears in detection of precursors of cervical cancer

   In a general screening setting where co-testing has been occurring for over 5 years, there has not been an excess of HPV positive test results

   Screening women less than 30 had little impact on rates of invasive cervical cancer, whereas screening older women did have a significant impact


5) Cytological surveillance compared with immediate referral for colposcopy in management of women with low grade cervical abnormalities: multicentre randomised controlled trial. BMJ. 2009;339:b2546.


Contraception and Family Planning

1) Glasier AF, Cameron ST, Fine PM, Logan SJ, Casale W, Van Horn J, et al. Ulipristal acetate versus levonorgestrel for emergency contraception: a randomised non-inferiority trial and meta-analysis. Lancet. 2010 Jan 28. Will likely result in FDA approval of a new, more effective form of oral emergency contraception that can be used up to 5 days after unprotected sex; ellaOne was approved for use in Europe in May 2009.


3) Lidegaard O, Lokkegaard E, Svendsen AL, Agger C. Hormonal contraception and risk of venous thromboembolism: national follow-up study. BMJ. 2009;339:b2890. OCPs containing the progestin norethindrone, norgestimate, or levonorgestrel carry less risk of VTE than those with desogestrel, gestodene, or drospirenone. Progestin-only methods do not increase risk of VTE.


**Dermatology**


**Diabetes**

1) Gunderson EP, Jacobs DR, Jr., Chiang V, Lewis CE, Feng J, Quesenberry CP, Jr., et al. Duration of lactation and incidence of the metabolic syndrome in women of reproductive age according to gestational diabetes mellitus status: a 20-Year prospective study in CARDIA ( Coronary Artery Risk Development in Young Adults). Diabetes. 2010 Feb;59(2):495-504. *Lactation reduces women's risk of developing the metabolic syndrome (even after controlling for multiple SES factors and prepregnancy weight).*


**Endometrial Cancer**


**Hematology**

HPV Vaccine


Lactation and Maternal Health

6) Gunderson EP, Jacobs DR, Jr., Chiang V, Lewis CE, Feng J, Quesenberry CP, Jr., et al. Duration of lactation and incidence of the metabolic syndrome in women of reproductive age according to gestational diabetes mellitus status: a 20-Year prospective study in CARDIA (Coronary Artery Risk Development in Young Adults). Diabetes. 2010 Feb;59(2):495-504. Lactation reduces women’s risk of developing the metabolic syndrome (even after controlling for multiple SES factors and prepregnancy weight).


Menopause


3) Partridge E, Kreimer AR, Greenlee RT, Williams C, Xu JL, Church TR, et al. Results from four rounds of ovarian cancer screening in a randomized trial. Obstet Gynecol. 2009 Apr;113(4):775-82. Ovarian cancer screening with CA-125 and ultrasound has not been shown to reduce mortality. A lot of surgeries were performed to find one cancer.


Orthopedics


Osteoporosis


Kyphoplasty shows some benefit in short term pain relief among women with acute osteoporotic compression fracture


Although vertebroplasty is commonly performed, this was the first clinical trial to assess its effectiveness. There was benefit of vertebroplasty compared with a simulated procedure


Vertebroplasty compared with a sham procedure was not better than conservative treatment


This well done meta-analysis showed that fracture prevention associated with Vitamin D is dose dependent


In this meta-analysis, Vitamin D at adequate doses reduced the risk of falling in older individuals


Bone density monitoring within three years of starting bisphosphonates is not useful


**Ovarian Cancer**


**Preconception Counseling—Anti-convulsants**


*In utero exposure to valproate, as compared with other commonly used antiepileptic drugs, is associated with an increased risk of impaired cognitive function at 3 years of age.*

Maternal benzodiazepine use was highly associated with preterm delivery and other adverse perinatal outcomes

Preconception Counseling--*GERD and Pregnancy*


*PPIs are not associated with an increased risk for major congenital birth defects, spontaneous abortions, or preterm delivery.*


*Metoclopramide is safe to use by women to relieve nausea and vomiting during pregnancy.*

Preconception Counseling--*Obesity/GDM*


*Avoiding sugared drinks decreases risk of GDM*


*Higher maternal weight associated with more heart defects*


*Overweight women get less family planning counseling despite needing more*


dysfunction in women with type 1 diabetes: long-term findings from the DCCT/ EDIC
9) Jensen DM, Korsholm L, Ovesen P, Beck-Nielsen H, Moelsted-Pedersen L,
10) Kwong S, Mitchell RS, Senior PA, Chik CL. Postpartum diabetes screening: adherence
rate and the performance of fasting plasma glucose versus oral glucose tolerance test.
12) Lawrence JM, Black MH, Hsu JW, Chen W, Sacks DA. Prevalence and Timing of
Postpartum Glucose Testing and Sustained Glucose Dysregulation after Gestational
Impact of a Preconception Counseling Program for Teens with Type 1 Diabetes
(READY-Girls) on Patient-Provider Interaction, Resource Utilization and Cost. Diabetes
Care. 2010 Jan 12.
14) Romanowski B, de Borba PC, Naud PS, Roteli-Martins CM, De Carvalho NS, Teixeira
JC, et al. Sustained efficacy and immunogenicity of the human papillomavirus (HPV)-
16/18 AS04-adjuvanted vaccine: analysis of a randomised placebo-controlled trial up to
al. How do we reduce the number of cases of missed postpartum diabetes in women
16) Simmons D, McElduff A, McIntyre HD, Elrishi M. Gestational diabetes mellitus: NICE for
the U.S.? A comparison of the American Diabetes Association and the American College
of Obstetricians and Gynecologists guidelines with the U.K. National Institute for Health
17) Tripathi A, Rankin J, Aarvold J, Chandler C, Bell R. Preconception counseling in women
Dec 29.

Preconception Counseling--SSRI and Pregnancy

1) Pedersen LH, Henriksen TB, Olsen J. Fetal Exposure to Antidepressants and
Normal Milestone Development at 6 and 19 Months of Age. Pediatrics. 2010 Feb
22.
This study suggests a permanent or reversible effect of antidepressant exposure on fetal
brain development, which may depend on the timing of exposure during pregnancy. The
largest differences between exposed children and children of mothers with untreated
depression were found after any second- or third-trimester exposure.

2) Pedersen LH, Henriksen TB, Vestergaard M, Olsen J, Bech BH. Selective serotonin
reuptake inhibitors in pregnancy and congenital malformations: population based
Increased prevalence of septal heart defects among children whose mothers were
prescribed an SSRI in early pregnancy, particularly sertraline and citalopram, BUT
surveillance bias is likely contributing to these findings. The largest association was
found for children of women who redeemed prescriptions for more than one type of SSRI.

Pregnancy


Psych


**Urinary Incontinence**


**Violence**


**Vitamins/Diet/Nutrition**


