

Breast Cancer

- 1) **Nelson HD, Tyne K, Naik A, Bougatsos C, Chan BK, Humphrey L. Screening for breast cancer: an update for the U.S. Preventive Services Task Force. Ann Intern Med. 2009 Nov 17;151(10):727-37, W237-42.**
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.
- 2) **Mandelblatt JS, Cronin KA, Bailey S, Berry DA, de Koning HJ, Draisma G, et al. Effects of mammography screening under different screening schedules: model estimates of potential benefits and harms. Ann Intern Med. 2009 Nov 17;151(10):738-47.**
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").
- 3) **Kelly CM, Juurlink DN, Gomes T, Duong-Hua M, Pritchard KI, Austin PC, et al. Selective serotonin reuptake inhibitors and breast cancer mortality in women receiving tamoxifen: a population based cohort study. BMJ. 2010;340:c693.**
Prescribing paroxetine to women receiving tamoxifen for breast cancer can adversely affect mortality.
- 4) **Shu XO, Zheng Y, Cai H, Gu K, Chen Z, Zheng W, et al. Soy food intake and breast cancer survival. JAMA. 2009 Dec 9;302(22):2437-43.**
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.
- 5) Chlebowski RT, Kuller LH, Prentice RL, Stefanick ML, Manson JE, Gass M, et al. Breast cancer after use of estrogen plus progestin in postmenopausal women. N Engl J Med. 2009 Feb 5;360(6):573-87.
- 6) de Boer M, van Deurzen CH, van Dijck JA, Borm GF, van Diest PJ, Adang EM, et al. Micrometastases or isolated tumor cells and the outcome of breast cancer. N Engl J Med. 2009 Aug 13;361(7):653-63.
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- 9) Nelson HD, Fu R, Griffin JC, Nygren P, Smith ME, Humphrey L. Systematic review: comparative effectiveness of medications to reduce risk for primary breast cancer. Ann Intern Med. 2009 Nov 17;151(10):703-15, W-226-35.
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- 11) Screening for breast cancer: U.S. Preventive Services Task Force recommendation statement. Ann Intern Med. 2009 Nov 17;151(10):716-26, W-236.
- 12) Tang N, Zhou B, Wang B, Yu R. Coffee consumption and risk of breast cancer: a metaanalysis. Am J Obstet Gynecol. 2009 Mar;200(3):290 e1-9.

- 13) Torres Lacomba M, Yuste Sanchez MJ, Zapico Goni A, Prieto Merino D, Mayoral del Moral O, Cerezo Tellez E, et al. Effectiveness of early physiotherapy to prevent lymphoedema after surgery for breast cancer: randomised, single blinded, clinical trial. *BMJ*. 2010;340:b5396.
- 14) Whelan TJ, Pignol JP, Levine MN, Julian JA, MacKenzie R, Parpia S, et al. Long-term results of hypofractionated radiation therapy for breast cancer. *N Engl J Med*. 2010 Feb 11;362(6):513-20.

Cardiology

- 1) **Schurks M, Rist PM, Bigal ME, Buring JE, Lipton RB, Kurth T. Migraine and cardiovascular disease: systematic review and meta-analysis. *BMJ*. 2009;339:b3914.**
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.
- 2) Berger JS, Elliott L, Gallup D, Roe M, Granger CB, Armstrong PW, et al. Sex differences in mortality following acute coronary syndromes. *JAMA*. 2009 Aug 26;302(8):874-82.
- 3) Bukkapatnam RN, Yeo KK, Li Z, Amsterdam EA. Operative mortality in women and men undergoing coronary artery bypass grafting (from the California Coronary Artery Bypass Grafting Outcomes Reporting Program). *Am J Cardiol*. 2010 Feb 1;105(3):339-42.
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- 12) Tindle HA, Chang YF, Kuller LH, Manson JE, Robinson JG, Rosal MC, et al. Optimism, cynical hostility, and incident coronary heart disease and mortality in the Women's Health Initiative. *Circulation*. 2009 Aug 25;120(8):656-62.

Career development

- 1) Holmboe ES, Huot SJ, Brienza RS, Hawkins RE. The association of faculty and residents' gender on faculty evaluations of internal medicine residents in 16 residencies. *Acad Med*. 2009 Mar;84(3):381-4.
- 2) Jaggi R, Motomura AR, Griffith KA, Rangarajan S, Ubel PA. Sex differences in attainment of independent funding by career development awardees. *Ann Intern Med*. 2009 Dec 1;151(11):804-11.
- 3) Taylor KS, Lambert TW, Goldacre MJ. Career progression and destinations, comparing men and women in the NHS: postal questionnaire surveys. *BMJ*. 2009;338:b1735.

Cervical Cancer Screening

- 1) **Siebers AG, Klinkhamer PJ, Grefte JM, Massuger LF, Vedder JE, Beijers-Broos A, et al. Comparison of liquid-based cytology with conventional cytology for detection of cervical cancer precursors: a randomized controlled trial. *JAMA*. 2009 Oct 28;302(16):1757-64.**
Liquid based cytology is not superior to conventional Pap smears in detection of precursors of cervical cancer
- 2) **Castle PE, Fetterman B, Poitras N, Lorey T, Shaber R, Kinney W. Five-year experience of human papillomavirus DNA and Papanicolaou test cotesting. *Obstet Gynecol*. 2009 Mar;113(3):595-600.**
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
- 3) **Sasieni P, Castanon A, Cuzick J. Effectiveness of cervical screening with age: population based case-control study of prospectively recorded data. *BMJ*. 2009;339:b2968.**
Screening women less than 30 had little impact on rates of invasive cervical cancer, whereas screening older women did have a significant impact
- 4) **ACOG Practice Bulletin no. 109: Cervical cytology screening. *Obstet Gynecol*. 2009 Dec;114(6):1409-20.**
- 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.
- 6) Options for managing low grade cervical abnormalities detected at screening: cost effectiveness study. *BMJ*. 2009;339:b2549.
- 7) Rebolj M, van Ballegooijen M, Lynge E, Looman C, Essink-Bot ML, Boer R, et al. Incidence of cervical cancer after several negative smear results by age 50: prospective observational study. *BMJ*. 2009;338:b1354.
- 8) Sawaya GF. Cervical-cancer screening--new guidelines and the balance between benefits and harms. *N Engl J Med*. 2009 Dec 24;361(26):2503-5.

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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.
- 2) **Fine P, Mathe H, Ginde S, Cullins V, Morfesis J, Gainer E. Ulipristal acetate taken 48-120 hours after intercourse for emergency contraception. *Obstet Gynecol.* 2010 Feb;115(2 Pt 1):257-63**
2% of women became pregnant after using ulipristal as emergency contraception 48-120 hours after unprotected intercourse.
- 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.
- 4) Agarwal M, Das V, Agarwal A, Pandey A, Srivastava D. Evaluation of mifepristone as a once a month contraceptive pill. *Am J Obstet Gynecol.* 2009 May;200(5):e27-9.
- 5) Austin H, Lally C, Benson JM, Whitsett C, Hooper WC, Key NS. Hormonal contraception, sickle cell trait, and risk for venous thromboembolism among African American women. *Am J Obstet Gynecol.* 2009 Jun;200(6):620 e1-3.
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Dermatology

- 1) Ferguson MW, Duncan J, Bond J, Bush J, Durani P, So K, et al. Prophylactic administration of avotermin for improvement of skin scarring: three double-blind, placebo-controlled, phase I/II studies. *Lancet.* 2009 Apr 11;373(9671):1264-74.

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).
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Endometrial Cancer

- 1) Basen-Engquist K, Scruggs S, Jhingran A, Bodurka DC, Lu K, Ramondetta L, et al. Physical activity and obesity in endometrial cancer survivors: associations with pain, fatigue, and physical functioning. *Am J Obstet Gynecol.* 2009 Mar;200(3):288 e1-8.
- 2) Farias-Eisner G, Su F, Robbins T, Kotlerman J, Reddy S, Farias-Eisner R. Validation of serum biomarkers for detection of early- and late-stage endometrial cancer. *Am J Obstet Gynecol.* 2010 Jan;202(1):73 e1-5.
- 3) Havrilesky LJ, Maxwell GL, Myers ER. Cost-effectiveness analysis of annual screening strategies for endometrial cancer. *Am J Obstet Gynecol.* 2009 Jun;200(6):640 e1-8.
- 4) Tang NP, Li H, Qiu YL, Zhou GM, Ma J. Tea consumption and risk of endometrial cancer: a metaanalysis. *Am J Obstet Gynecol.* 2009 Dec;201(6):605 e1-8.

Hematology

- 1) James AH, Kouides PA, Abdul-Kadir R, Edlund M, Federici AB, Halimeh S, et al. Von Willebrand disease and other bleeding disorders in women: consensus on diagnosis and management from an international expert panel. *Am J Obstet Gynecol.* 2009 Jul;201(1):12 e1-8.

HPV Vaccine

- 1) **Munoz N, Manalastas R, Jr., Pitisuttithum P, Tresukosol D, Monsonego J, Ault K, et al. Safety, immunogenicity, and efficacy of quadrivalent human papillomavirus (types 6, 11, 16, 18) recombinant vaccine in women aged 24-45 years: a randomised, double-blind trial. *Lancet.* 2009 Jun 6;373(9679):1949-57.**
In a per-protocol analysis (but not in the intention-to-treat analysis), HPV vaccination in women over the age of 25 reduced the risk of sustained HPV-related disease by 90%.
- 2) **Kim JJ, Ortendahl J, Goldie SJ. Cost-effectiveness of human papillomavirus vaccination and cervical cancer screening in women older than 30 years in the United States. *Ann Intern Med.* 2009 Oct 20;151(8):538-45.**
Administering the quadrivalent HPV vaccine to women over the age of 35 was not cost-effective in the context of current cervical cancer screening practices.
- 3) Castle PE, Rodriguez AC, Burk RD, Herrero R, Wacholder S, Alfaro M, et al. Short term persistence of human papillomavirus and risk of cervical precancer and cancer: population based cohort study. *BMJ.* 2009;339:b2569.
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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).
- 7) Schwarz EB, McClure CK, Tepper PG, Thurston R, Janssen I, Matthews KA, et al. Lactation and maternal measures of subclinical cardiovascular disease. *Obstet Gynecol.* 2010 Jan;115(1):41-8.

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- 9) Stuebe AM, Michels KB, Willett WC, Manson JE, Rexrode K, Rich-Edwards JW. Duration of lactation and incidence of myocardial infarction in middle to late adulthood. *Am J Obstet Gynecol.* 2009 Feb;200(2):138 e1-8.

Menopause

- 1) **Crandall CJ, Aragaki AK, Chlebowski RT, McTiernan A, Anderson G, Hendrix SL, et al. New-onset breast tenderness after initiation of estrogen plus progestin therapy and breast cancer risk. *Arch Intern Med.* 2009 Oct 12;169(18):1684-91.**
Analyzing data from the Women's Health Initiative trial, the investigators found that women who experienced new onset breast tenderness after initiation of estrogen +progestin had an increased risk of breast cancer compared to women with no new tenderness.
- 2) **Morch LS, Lokkegaard E, Andreassen AH, Kruger-Kjaer S, Lidegaard O. Hormone therapy and ovarian cancer. *JAMA.* 2009 Jul 15;302(3):298-305.**
Postmenopausal hormone therapy is associated with a small but real risk of ovarian cancer
- 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.
- 4) Albain KS, Barlow WE, Ravdin PM, Farrar WB, Burton GV, Ketchel SJ, et al. Adjuvant chemotherapy and timing of tamoxifen in postmenopausal patients with endocrine-responsive, node-positive breast cancer: a phase 3, open-label, randomised controlled trial. *Lancet.* 2009 Dec 19;374(9707):2055-63.
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- 8) Joffe H, Petrillo L, Viguera A, Koukopoulos A, Silver-Heilman K, Farrell A, et al. Eszopiclone improves insomnia and depressive and anxious symptoms in perimenopausal and postmenopausal women with hot flashes: a randomized, double-blinded, placebo-controlled crossover trial. *Am J Obstet Gynecol.* 2010 Feb;202(2):171 e1- e11.
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- 10) Toh S, Hernandez-Diaz S, Logan R, Rossouw JE, Hernan MA. Coronary heart disease in postmenopausal recipients of estrogen plus progestin therapy: does the increased risk ever disappear? A randomized trial. *Ann Intern Med.* 2010 Feb 16;152(4):211-7.
- 11) Vandembroucke JP. The HRT controversy: observational studies and RCTs fall in line. *Lancet.* 2009 Apr 11;373(9671):1233-5.

Orthopedics

- 1) Dalury DF, Mason JB, Murphy JA, Adams MJ. Analysis of the outcome in male and female patients using a unisex total knee replacement system. *J Bone Joint Surg Br.* 2009 Mar;91(3):357-60.

Osteoporosis

- 1) **Wardlaw D, Cummings SR, Van Meirhaeghe J, Bastian L, Tillman JB, Ranstam J, et al. Efficacy and safety of balloon kyphoplasty compared with non-surgical care for vertebral compression fracture (FREE): a randomised controlled trial. *Lancet.* 2009 Mar 21;373(9668):1016-24.**
Kyphoplasty shows some benefit in short term pain relief among women with acute osteoporotic compression fracture
- 2) **Kallmes DF, Comstock BA, Heagerty PJ, Turner JA, Wilson DJ, Diamond TH, et al. A randomized trial of vertebroplasty for osteoporotic spinal fractures. *N Engl J Med.* 2009 Aug 6;361(6):569-79.**
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
- 3) **Buchbinder R, Osborne RH, Ebeling PR, Wark JD, Mitchell P, Wriedt C, et al. A randomized trial of vertebroplasty for painful osteoporotic vertebral fractures. *N Engl J Med.* 2009 Aug 6;361(6):557-68.**
Vertebroplasty compared with a sham procedure was not better than conservative treatment
- 4) **Bischoff-Ferrari HA, Willett WC, Wong JB, Stuck AE, Staehelin HB, Orav EJ, et al. Prevention of nonvertebral fractures with oral vitamin D and dose dependency: a meta-analysis of randomized controlled trials. *Arch Intern Med.* 2009 Mar 23;169(6):551-61.**
This well done meta-analysis showed that fracture prevention associated with Vitamin D is dose dependent
- 5) **Bischoff-Ferrari HA, Dawson-Hughes B, Staehelin HB, Orav JE, Stuck AE, Theiler R, et al. Fall prevention with supplemental and active forms of vitamin D: a meta-analysis of randomised controlled trials. *BMJ.* 2009;339:b3692.**
In this meta-analysis, Vitamin D at adequate doses reduced the risk of falling in older individuals
- 6) **Bell KJ, Hayen A, Macaskill P, Irwig L, Craig JC, Ensrud K, et al. Value of routine monitoring of bone mineral density after starting bisphosphonate treatment: secondary analysis of trial data. *BMJ.* 2009;338:b2266.**
Bone density monitoring within three years of starting bisphosphonates is not useful

- 7) Banks E, Reeves GK, Beral V, Balkwill A, Liu B, Roddam A. Hip fracture incidence in relation to age, menopausal status, and age at menopause: prospective analysis. *PLoS Med.* 2009 Nov;6(11):e1000181.
- 8) Cummings SR, Ensrud K, Delmas PD, LaCroix AZ, Vukicevic S, Reid DM, et al. Lasofoxifene in postmenopausal women with osteoporosis. *N Engl J Med.* 2010 Feb 25;362(8):686-96.
- 9) Cummings SR, San Martin J, McClung MR, Siris ES, Eastell R, Reid IR, et al. Denosumab for prevention of fractures in postmenopausal women with osteoporosis. *N Engl J Med.* 2009 Aug 20;361(8):756-65.
- 10) Ensrud KE, Lui LY, Taylor BC, Schousboe JT, Donaldson MG, Fink HA, et al. A comparison of prediction models for fractures in older women: is more better? *Arch Intern Med.* 2009 Dec 14;169(22):2087-94.
- 11) Hill DA, Cacciatore M, Lamvu GM. Electronic prescribing influence on calcium supplementation: a randomized controlled trial. *Am J Obstet Gynecol.* 2009 Dec 29.
- 12) Hippisley-Cox J, Coupland C. Predicting risk of osteoporotic fracture in men and women in England and Wales: prospective derivation and validation of QFractureScores. *BMJ.* 2009;339:b4229.
- 13) Ioannidis G, Papaioannou A, Hopman WM, Akhtar-Danesh N, Anastassiades T, Pickard L, et al. Relation between fractures and mortality: results from the Canadian Multicentre Osteoporosis Study. *CMAJ.* 2009 Sep 1;181(5):265-71.
- 14) Kallmes DF, Jarvik JG. Spinal augmentation research: FREE at last? *Lancet.* 2009 Mar 21;373(9668):982-4.
- 15) Reid DM, Devogelaer JP, Saag K, Roux C, Lau CS, Reginster JY, et al. Zoledronic acid and risedronate in the prevention and treatment of glucocorticoid-induced osteoporosis (HORIZON): a multicentre, double-blind, double-dummy, randomised controlled trial. *Lancet.* 2009 Apr 11;373(9671):1253-63.

Ovarian Cancer

- 1) Hamilton W, Peters TJ, Bankhead C, Sharp D. Risk of ovarian cancer in women with symptoms in primary care: population based case-control study. *BMJ.* 2009;339:b2998.
- 2) Katsumata N, Yasuda M, Takahashi F, Isonishi S, Jobo T, Aoki D, et al. Dose-dense paclitaxel once a week in combination with carboplatin every 3 weeks for advanced ovarian cancer: a phase 3, open-label, randomised controlled trial. *Lancet.* 2009 Oct 17;374(9698):1331-8.
- 3) Mørch LS, Lokkegaard E, Andreasen AH, Kruger-Kjaer S, Lidegaard O. Hormone therapy and ovarian cancer. *JAMA.* 2009 Jul 15;302(3):298-305.
- 4) Nosov V, Su F, Amneus M, Birrer M, Robins T, Kotleman J, et al. Validation of serum biomarkers for detection of early-stage ovarian cancer. *Am J Obstet Gynecol.* 2009 Jun;200(6):639 e1-5.

Preconception Counseling--*Anti-convulsants*

- 1) Meador KJ, Baker GA, Browning N, Clayton-Smith J, Combs-Cantrell DT, Cohen M, et al. **Cognitive function at 3 years of age after fetal exposure to antiepileptic drugs.** *N Engl J Med.* 2009 Apr 16;360(16):1597-605.
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

- 2) **Calderon-Margalit R, Qiu C, Ornoy A, Siscovick DS, Williams MA. Risk of preterm delivery and other adverse perinatal outcomes in relation to maternal use of psychotropic medications during pregnancy. Am J Obstet Gynecol. 2009 Dec;201(6):579 e1-8.**

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

Preconception Counseling--GERD and Pregnancy

- 1) **Gill SK, O'Brien L, Einarson TR, Koren G. The safety of proton pump inhibitors (PPIs) in pregnancy: a meta-analysis. Am J Gastroenterol. 2009 Jun;104(6):1541-5; quiz 0, 6.**

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

- 2) **Matok I, Gorodischer R, Koren G, Sheiner E, Wiznitzer A, Levy A. The safety of metoclopramide use in the first trimester of pregnancy. N Engl J Med. 2009 Jun 11;360(24):2528-35.**

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

Preconception Counseling--Obesity/GDM

- 1) **Chen L, Hu FB, Yeung E, Willett W, Zhang C. Prospective study of pre-gravid sugar-sweetened beverage consumption and the risk of gestational diabetes mellitus. Diabetes Care. 2009 Dec;32(12):2236-41.**

Avoiding sugared drinks decreases risk of GDM

- 2) **Gilboa SM, Correa A, Botto LD, Rasmussen SA, Waller DK, Hobbs CA, et al. Association between prepregnancy body mass index and congenital heart defects. Am J Obstet Gynecol. 2010 Jan;202(1):51 e1- e10.**

Higher maternal weight associated with more heart defects

- 3) **Vahratian A, Barber JS, Lawrence JM, Kim C. Family-planning practices among women with diabetes and overweight and obese women in the 2002 National Survey For Family Growth. Diabetes Care. 2009 Jun;32(6):1026-31.**

Overweight women get less family planning counseling despite needing more

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Preconception Counseling--SSRI and Pregnancy

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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 cohort study. *BMJ*. 2009;339:b3569.**
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

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