

## Letzte Seite

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### Wonca Journal Watch

Synopses of articles from the medical literature relevant to family doctors, extracted from family medicine, general and specialist journals.

#### The hazards of a smoking spouse

The researchers «found that having a spouse who currently smoked was associated with an increased risk of first stroke among never-smokers (hazard ratio=1.42) and former smokers (hazard ratio=1.72). Former smokers married to current smokers had a stroke risk similar to respondents who themselves smoked.

The researchers concluded: «Spousal smoking poses important stroke risks for never-smokers and former smokers. The health benefits of quitting smoking likely extend to both the individual smoker and his or her spouse.»

- Glymour MM, DeFries TB, Kawachi I, Avendano M. Spousal smoking and incidence of first stroke. *Am J Prev Med.* 2008;35(3):245–8.

#### Patients insist on antibiotics for sinusitis? Here is a good reason to say «no»

«Stop prescribing antibiotics for adults with a clinical diagnosis of acute sinusitis, unless the patient has severe symptoms. Antibio-

tics have little if any positive effects on the severity and duration of symptoms, and they cause adverse effects and create unnecessary expense.»

- Schumann SA, Hickner J, Ewigman B. Patients insist on antibiotics for sinusitis? Here is a good reason to say "no". *J Fam Pract.* 2008;57(7):464–8. Available from: [http://www.jfponline.com/pdf%2F5707%2F5707JFP\\_PURLs.pdf](http://www.jfponline.com/pdf%2F5707%2F5707JFP_PURLs.pdf)

#### Symptoms not spirometry predicts outcomes for mild COPD

To ascertain the long-term outcomes of individuals with mild chronic obstructive pulmonary disease (COPD) Swiss researchers followed a population cohort of 6671 randomly selected adults without asthma for 11 years. Individuals with symptomatic stage 1 COPD had a faster decline in FEV1, increased respiratory care utilisation and a lower quality of life than asymptomatic subjects with normal lung function. In contrast, individuals with asymptomatic stage 1 COPD had no significant differences in FEV1 decline, respiratory care utilisation or quality of life scores compared with the reference group.

The researchers concluded: «In population-based studies, respiratory symptoms are of major importance for predicting long-term clinical outcomes in subjects with COPD with mild obstruction. Population studies based on spirometry only may misestimate the prevalence of clinically relevant COPD.»

Conclusion of the reporter of the study: A blow for the advocates of spirometry screening for COPD, remembering that screening is testing asymptomatic persons.

- Bridevaux PO, Gerbase MW, Probst-Hensch NM, Schindler C, Gaspoz JM, Rochat T. Long-term decline in lung function, utilisation of care and quality of life in modified GOLD stage 1 COPD. *Thorax.* 2008;63(9):768–74.

#### Health and Economic Implications of HPV Vaccination in the United States

«The cost-effectiveness of HPV vaccination will depend on the duration of vaccine immunity and will be optimized by achieving high coverage in preadolescent girls, targeting initial catch-up efforts to women up to 18 or 21 years of age, and revising screening policies.»

- Kim JJ, Goldie SJ. Health and economic implications of HPV vaccination in the United States. *N Engl J Med.* 2008;359(8):821–32. Available from: <http://content.nejm.org/cgi/reprint/359/8/821.pdf?ijkey=38f995c13404f04cd95deb7bf98097070fd2b44e>

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