

## Letzte Seite

Die Links auf dieser Seite müssen Sie nicht einzeln in Ihrem Browser eingeben. Sie finden Sie als Liste auf der Website von PrimaryCare unter «Archiv → Letzte Seite».

### Wonca Journal Watch

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

### Fibromyalgia

In the September/October edition of the Bandolier is a series of summaries of systematic reviews of research on the topic of fibromyalgia. The topics covered are:

- **Antidepressants for fibromyalgia:**  
<http://www.medicine.ox.ac.uk/bandolier/booth/painpag/Chronrev/Other/fibroantidep.html>  
Clinical bottom line: Antidepressants work well in a minority of persons with fibromyalgia, but the evidence for this has not been clearly laid out.
- **Amitriptyline for fibromyalgia – 2008 update:**  
<http://www.medicine.ox.ac.uk/bandolier/booth/painpag/Chronrev/Other/amifibro.html>

Clinical bottom line: There is evidence of limited size and quality that amitriptyline 25 mg daily is effective in fibromyalgia.

- **Exercise for fibromyalgia syndrome – 2007 update:**  
<http://www.medicine.ox.ac.uk/bandolier/booth/Arthritis/fibroex.html>  
Clinical bottom line: There is no convincing evidence that exercise for fibromyalgia improves pain.
- **Non-pharmacological treatments for fibromyalgia:**  
<http://www.medicine.ox.ac.uk/bandolier/booth/painpag/Chronrev/Other/nonpharm.html>  
Clinical bottom line: There was no evidence of any beneficial effect. If non-pharmacological interventions are beneficial in fibromyalgia.
- **Hydrotherapy for fibromyalgia:**  
<http://www.medicine.ox.ac.uk/bandolier/booth/painpag/Chronrev/Other/hydro.html>  
Clinical bottom line: The evidence is limited. Some better quality trials hold out some promise, but are insufficiently strong not to be overturned by better quality and larger trials with sensible control groups.

### “I’m sober, Doctor, really”:

#### Best biomarkers for underreported alcohol use

«Biochemical measures can detect acute alcohol intoxication and recent prolonged drinking. Because marker levels return to normal after long-term abstinence, ongoing monitoring can help detect a relapse before a patient admits to it. This article presents 3 cases in which biochemical markers helped prevent alcohol withdrawal in patients who denied alcohol abuse. We discuss why we ordered biochemical tests and which combinations provided highly sensitive results.»

- Spiegel DR, Dhadwal N, Gill F. “I’m sober, Doctor, really”. *Curr Psychiatry* 2008;7(9):15–27. Available from: [http://www.currentpsychiatry.com/pdf/0709/0709CP\\_Article1.pdf](http://www.currentpsychiatry.com/pdf/0709/0709CP_Article1.pdf)

Journal Alerts is a free service from Global Family Doctor – Wonca Online. Enrol for Journal Alerts: <http://www.globalfamilydoctor.com/journalalerts/journalalerts.asp>.

Journal Alerts are sent by e-mail on Tuesdays, Wednesdays and Thursdays.

## IMPRESSUM

**Verlag**  
EMH Editores Medicorum Helveticorum  
EMH Schweizerischer Ärzteverlag AG  
Farnsbürgerstrasse 8,  
CH-4132 Muttenz  
Tel. +41 (0)61 467 85 55  
Fax +41 (0)61 467 85 56  
Website [www.emh.ch](http://www.emh.ch)

**Trägergesellschaften**  
Kollegium für Hausarztmedizin  
Schweizerische Gesellschaft für Allgemeinmedizin  
Schweizerische Gesellschaft für Innere Medizin  
Schweizerische Gesellschaft für Pädiatrie  
Schweizerische Akademie für Psychosomatische und Psychosoziale Medizin

**Redaktion**  
Joël Cuénod, Bruno Kissling,  
Danièle Lefebvre, Pierre Loeb,  
Franz Marty, Natalie Marty, Paul Meier,  
Rudolf Meyer, Stefan Neuner, Jürg Pfisterer,  
Edy Riesen, Bernhard Rindlisbacher,  
Peter Tschudi, Daniel Widmer

**Redaktionsadresse**  
Redaktion PrimaryCare  
EMH Schweizerischer Ärzteverlag AG  
Farnsbürgerstrasse 8  
CH-4132 Muttenz  
Tel. +41 (0)61 467 85 54  
Fax +41 (0)61 467 85 56  
E-Mail: [primary-care@emh.ch](mailto:primary-care@emh.ch)  
Website [www.primary-care.ch](http://www.primary-care.ch)

**Freie Mitarbeiter**  
Alex Ammann, Peter Schläppi

**Lektorat**  
Tobias Lerch

**Inserate EMH**  
Ariane Furrer, Assistentin Inserateregie,  
Tel. +41 (0)61 467 85 88  
Fax +41 (0)61 467 85 56  
E-Mail: [afurrer@emh.ch](mailto:afurrer@emh.ch)

**Marketing EMH**  
Thomas Gierl M.A., Leiter Marketing  
und Kommunikation  
Tel. +41 (0)61 467 85 49  
Fax +41 (0)61 467 85 56  
E-Mail: [tgierl@emh.ch](mailto:tgierl@emh.ch)

**Abonnemente EMH**  
Tel. +41 (0)61 467 85 75, Fax +41 (0)61 467 85 76  
E-Mail: [abo@emh.ch](mailto:abo@emh.ch)

**Jahresabonnement**  
CHF 125.– (zuzüglich Porto)

**Herstellung**  
Schwabe AG, Muttenz

ISSN 1424-3776

Erscheint 2008 20mal

© 2008 by EMH Schweizerischer Ärzteverlag AG, Basel. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or be translated without prior permission, in writing, of the EMH.