USE OF MEDICINES BY OLDER PEOPLE WITH TYPE 2 DIABETES

This AIHW report examines the pharmacological management of Type 2 diabetes in older Australians, using 2012 linked data from the Pharmaceutical Benefits Scheme and the National Diabetes Services Scheme.


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EVALUATION OF A NOVEL CGM GUIDED SYSTEM FOR ADJUSTMENT OF INSULIN DOSING – Pumptune: a RCT

Retrospective continuous glucose monitoring (CGM) can guide insulin pump adjustments, however, interpretation of data and recommending new pump settings is complex and subjective. The authors of this local study compared the safety and glycaemic profiles of children after their diabetologist or a novel algorithm (PumpTune) adjusted their insulin pump settings. In this well-controlled group of children, PumpTune achieved a more favourable glucose profile. Automated insulin pump adjustment with PumpTune is feasible and warrants testing in a larger more varied population over a longer time.

SOURCE: Donald Anderson, Helen Phelan, Katie Jones, Carmel Smart, Christopher Oldmeadow, Bruce King & Patricia Crock (2016) Evaluation of a novel continuous glucose monitoring guided system for adjustment of insulin dosing – PumpTune: a randomized controlled trial. Pediatric diabetes, 17(7), 478-482

DO Ω-3 PUFAS AFFECT INSULIN RESISTANCE IN A SEX-SPECIFIC MANNER?

Local authors aimed to determine whether omega-3 (n-3) polyunsaturated fatty acid (PUFA) interventions affect obesity-induced insulin resistance (IR) in a sex-dependent manner. With all studies (n = 26) pooled, there was no effect of n-3 PUFA on IR at the group level. In trials of ≥6 weeks, a significant improvement in IR was seen in women but not in men.


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DEPT OF PAEDIATRIC ENDOCRINOLOGY & DIABETES, JHCH

DIABETES MEDICATIONS FOR ADULTS WITH TYPE 2 DIABETES: AN UPDATE

Evidence from this updated systematic review supports metformin as first-line therapy for Type 2 diabetes, given its beneficial effects on HbA1c, weight, and cardiovascular mortality (relative to sulfonylureas) and its relative safety profile.


DEPT OF ENDOCRINOLOGY, JHH

CONTEMPORARY TYPE 2 DIABETES PREGNANCY OUTCOMES

Women with Type 2 diabetes, even when managed in a specialist setting, still experience adverse obstetric and neonatal outcomes. Poor glycaemic control is not wholly responsible for adverse outcomes, reinforcing the importance of other risk factors, such as obesity and weight gain.


EFFECTICITY OF THE TYPE 2 DIABETES PREVENTION USING LIFESTYLE EDUCATION PROGRAM RCT

The aim of this local study was to evaluate the efficacy of the Type 2 diabetes mellitus Prevention Using LifeStyle Education (PULSE) Program, a self-administered and gender-tailored lifestyle intervention for men at high risk for developing Type 2 diabetes mellitus, via a 6-month, assessor-blinded, parallel-group randomised controlled trial.

The PULSE Program improved several Type 2 diabetes mellitus risk factors in men, including weight and glycated haemoglobin. These findings provide evidence for a self-administered and gender-tailored lifestyle intervention, which has potential for dissemination in community settings.


Available via ClinicalKey


Madhok, V. et al. (2016) Corticosteroids for Bell’s palsy (idiopathic facial paralysis). *Cochrane Database of Systematic Reviews*, Issue 7


Wright, I. et al. (2016) Videomicroscopy as a tool for investigation of the microcirculation in the newborn. *Physiological Reports*, Vol. 4 no. e122943


RURAL PEOPLE WHO INJECT DRUGS

The aim of this local study was to better understand issues related to access to injecting equipment for people who inject drugs (PWID) in Northern NSW (including Taree and Tamworth). The sample included 190 PWID who had accessed a needle and syringe program outlet within 4 weeks of the survey. 60% self-identified as Aboriginal people. The median age of respondents was 32 years and 60% were men. A significantly larger proportion of the Aboriginal respondents were women, and younger compared to non-Aboriginal respondents. Most preferred to access injecting equipment at a community health facility, as opposed to other secondary outlets, where they gained enough equipment. Just over 80% said they were tested for HCV in the past year, with about 37% told they had tested positive.


ENERGY DRINK ADDITIVE SHOWS PROMISE IN TREATMENT OF FIRST PSYCHOSIS

New research from the National Centre of Excellence in Youth Mental Health has found that taurine, an additive present in energy drinks, improves symptoms in young people suffering a first episode of psychosis. Taurine is a naturally occurring amino acid that has various functions in the body.

Read more...

EXERCISE COMBATS ALCOHOL’S CANCER RISK

An international research collaboration, led by the University of Sydney, has found that exercising at the basic recommended weekly physical activity levels (at least 150 minutes of moderate intensity activity) may offset some of the harmful effects of drinking alcohol.


TREATMENTS FOR HYPEREMESIS GRAVIDARUM AND NAUSEA AND VOMITING IN PREGNANCY

Nausea and vomiting affects approximately 85% of pregnant women. The most severe form, hyperemesis gravidarum, affects up to 3% of women and can have significant adverse physical and psychological sequelae. This recent systematic review summarises current evidence on effective treatments for nausea and vomiting in pregnancy and hyperemesis gravidarum.


Diet during pregnancy: Women’s knowledge of & adherence to food safety guidelines

As a precaution against acquiring food-borne illnesses, guidelines recommend women avoid some foods during pregnancy. In total 223 women participated. Knowledge of foods to avoid during pregnancy was poor, with 83% of women incorrectly identifying at least one unsafe food as safe to consume. Women with a higher number of GP visits and those receiving care in a high-risk clinic were more likely to be adherent to guidelines.


THE PROCAMIO STUDY

This multicentre, randomised, open-labelled study, aims to determine the safety and efficacy of intravenous procainamide and amiodarone for the treatment of the acute episode of sustained monomorphic well-tolerated (probably) ventricular tachycardia. Procainamide therapy was associated with less major cardiac adverse events and a higher proportion of tachycardia termination within 40 min.


FOLLOW-UP STRATEGIES FOR WOMEN TREATED FOR EARLY BREAST CANCER

This updated review ofRCTs suggests that follow-up programs (performed after primary treatment for women with breast cancer) based on regular physical examinations and yearly mammography alone are as effective as more intensive approaches based on regular performance of laboratory and instrumental tests in terms of timeliness of recurrence detection, overall survival and quality of life in women treated for stage I, II or III breast cancer.

SOURCE: Moschetti, I. et al. (2016) Follow-up strategies for women treated for early breast cancer. Cochrane database of systematic reviews, issue 5

L-R: STUDY AUTHORS—KARIN FISHER, TONY SMITH & DONNA ANDERSON

THE PROCAMIO STUDY

VEGO, NO MILK PLEASE, I’M ALLERGIC ...

The Australian authors have endeavoured to produce a quick reference table for clinicians, outlining the content of the most commonly used mental health medications for special dietary populations. The table lists whether the medications are free of animal-derived products, free of animal product, free of lactose or gluten free.


SOME TRUTH TO “FEED A COLD, STARVE A FEVER”

Research from Yale University in the US has found that there may be some truth to the old wives’ tale that says “feed a cold, starve a fever.” The study looked at the effects of providing nutrients during infection and found that mice with bacterial infections that were fed died, while those with viral infections that were fed lived. The authors said, “Sepsis is a critical problem in hospital ICUs that defies most modern medical approaches. A number of studies have looked at nutrition in patients with sepsis, and the results have been mixed. But these studies didn’t segregate patients based on whether their sepsis was bacterial or viral.”

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LOCAL RESEARCH

SOME TRUTH TO “FEED A COLD, STARVE A FEVER”

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IN THE NEWS


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NEW AUDIO DIGEST PSYCHIATRY CDs

Cognitive challenges in cancer patients / Right to have or refuse treatment 45(18) 2016

Audio-Digest Foundation

Cognitive challenges associated with cancer: causes of cognitive impairment / possible mechanisms / treatment / preventive management.

Right to have or refuse treatment: right to treatment / concept of quid pro quo / key case findings / right to refuse treatment / models of judicial decision making

Guns and people with mental illness 45(59) 2016

Firearms laws and legislation / factors for psychiatrists to consider / association between mental illness and gun violence / risk assessment and risk management.

VIDEOS—TO GIVE AWAY TO A GOOD HOME

They might be a bit old-school for many... but if you're still familiar with the workings of a VCR, the Mater Library has lots of videos just waiting to be rehomed.

There are way too many to distribute a list, so please come in and browse.

If you're not interested in the content, you could always make a table—or perhaps a lamp?