



A South African man with renal failure and pulmonary shadowing
Try the picture quiz in ENDGAMES, p 48

People with allergic rhinitis sleep badly, which affects their daytime performance and quality of life. Researchers studied disease severity and sleep quality in 2275 adults with mostly moderate-severe allergic rhinitis (*Clinical and Experimental Allergy* 2012;42:1080-7, doi:10.1111/j.1365-2222.2011.03935.x). Sleep quality was worst in those with moderately severe and severe rhinitis. Nasal obstruction and rhinitis specific deterioration in the quality of life were associated with poorer sleep quality.

Evidence from randomised controlled trials has translated successfully into the real world when it comes to the use of magnesium sulphate for pre-eclampsia and eclampsia. According to a systematic review, maternal outcomes have improved worldwide (including in Bangladesh, India, Pakistan, and Nigeria; *International Journal of Gynecology and Obstetrics* 2012;118:90-6, doi:10.1016/j.ijgo.2012.01.028). Magnesium has lowered risks of maternal death, recurrent seizure, and major morbidity, and has reduced risks of full blown eclampsia, results that are comparable to those reported in the original randomised trials.

Lavender oil olfactory stimulation may reduce falls and agitation in elderly nursing home residents (*Journal of the American Geriatric Society* 2012;60:1005-11, doi:10.1111/j.1532-5415.2012.03977.x). A randomised controlled trial of 145 Japanese older adults living in nursing homes reports that compared with placebo (unscented patches), the lavender patch group who received continuous olfactory stimulation included significantly fewer fallers and enjoyed a significant decrease in agitation scores from baseline to 12 month follow-up.

Introducing contrast medium into the uterus and tracking its flow through the fallopian tubes—hysterosalpingography (HSG)—is considered a non-invasive and safe procedure in infertility investigation, but it can be painful. Researchers randomised 200 infertile women undergoing the procedure to use either room temperature medium or medium pre-warmed to 37°C. Vasovagal episodes and a visual analogue scale of pain during HSG showed that warm contrast medium alleviated pain and significantly reduced the incidence of associated vasovagal episodes (eight v 26, P=0.001; *Fertility and Sterility* 2012;97:1405-9, doi:10.1016/j.fertnstert.2012.02.039).



A 17 year old boy, who had osteogenesis imperfecta type I treated with pamidronate infusions, presented with a painless swelling on the medial aspect of his left knee. An osteochondroma was visible on plain film. The lines observed in the metaphysis and the osteochondroma are associated with pamidronate infusions and illustrate the development of these benign tumours. Metaplastic cartilage is thought to herniate from the peripheral growth plate. These cells respond to factors that stimulate the growth plate leading to endochondral ossification and mature bone formation.

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Patient consent obtained.

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What roles do catastrophising (a tendency to assume the worst), coping, kinesiphobia (fear of movement), and depression have in the chronic pain complaints and daily functioning of people with chronic fatigue syndrome? In a longitudinal study, 103 patients completed questionnaires, and 39 participated in the six to 12 month follow-up (*Clinical Rheumatology* 2012;31:921-9, doi:10.1007/s10067-012-1946-z). Catastrophising and depression had the strongest correlations with pain intensity and daily functioning; depression was the main predictor for restrictions in daily functioning at baseline. Catastrophising was the main predictor for pain in the immediate and longer term.

A short five day course of *Helicobacter pylori* concomitant therapy of four agents, which includes levofloxacin, is as effective and safe and cheaper than 10 days of sequential therapy including levofloxacin in areas with high clarithromycin resistance (*Gastroenterology* 2012;143:55-61, doi:10.1053/j.gastro.2012.03.043). Both regimens showed similar eradication rates, and the prevalence of antimicrobial resistance and incidence of adverse events were comparable between groups.

Kidney transplantation reverses many disorders associated with end stage renal disease. Researchers explored the effects of kidney transplantation on bone metabolism in 34 living recipients in Tokyo. The results suggest that bone formation is suppressed and uncoupled from bone resorption in end stage renal disease, but transplantation restores the coupling of bone resorption and formation (*Clinical Nephrology* 2012;78:10-6, doi:10.5414/cn107348).

In Hoover's sign of functional paralysis, weakness of hip extension returns to normal with contralateral hip flexion against resistance. It's a trick used by neurologists to catch patients out with psychogenic—or functional—motor disorders. But two authors now suggest that if done in the right way, showing patients with functional symptoms their physical signs can help to illustrate the accuracy of the neurologist's functional diagnosis, making the symptoms potentially reversible (*Neurology* 2012;79:282, doi:10.1212/wnl.0b013e31825df63).

Opera often depicts disease; tuberculosis features in Verdi's *La Traviata* and Puccini's *La Bohème*, and delirium in Donizetti's *Lucia di Lammermoor*. There are less obvious examples in instrumental music: tinnitus and hearing loss are represented by a piercing sustained high E note played by the first violin in Smetana's string quartet no 1 in E minor, Mahler's irregular heart beat (atrial fibrillation from rheumatic mitral valve disease) in the opening of his Ninth Symphony, and bladder stone removal in *Tableau de l'Opération de la Taille* by Marin Marais in 1725 (*Hektoen International* 2012, www.hektoeninternational.org/Marin-Marais).

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