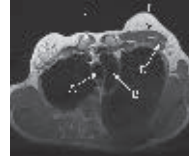


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Axial T1 weighted magnetic resonance image through the upper thorax in a 20 year old woman

Try the anatomy quiz in ENDGAMES, p 43

Is your lifetime risk of a cardiovascular event over 50%? A study based on a quarter of a million Spanish employees shows how hard it can be to give an answer (*European Journal of Preventive Cardiology* 2015, doi:10.1177/2047487315579616). In this cohort, short and long term risk was several times lower when the QRISK score (developed in UK primary care) was used compared with the American College of Cardiology/American Heart Association calculator. And because the different scores were stratified by differing age groups and ethnic categories (ironically Hispanic means different things in Spain and the United States), it's nigh on impossible to get to a lifetime risk. Let everyone keep active, eat fruit, avoid tobacco, and take a statin if they are still worried, says Minerva. Scores are bores and often mislead.

"You don't know which bits to believe," sums up the election season. It also appears in the title of a qualitative study of parents' experiences when they surfed the internet for information on managing their children's eczema (*BMJ Open* 2015;5:e006339, doi:10.1136/bmjopen-2014-006339). A few parents with specific queries found the answers easily, but most found that the general advice they accessed was inconsistent and often liable to commercial bias. They said that they would have benefited from suggestions about websites from health professionals whom they trusted.

Angiotensin converting enzyme (ACE) inhibitors may be the best drugs for slowing or preventing diabetic retinopathy, according to a new meta-analysis of randomised trials (*Lancet Diabetes and Endocrinology* 2015;3:263-74, doi:10.1016/S2213-8587(14)70256-6). The evidence suggests that all renin-angiotensin system inhibitors slow down the progression of retinopathy and improve the chances of regression—both in hypertensive and normotensive people with diabetes. But it seems that ACE inhibitors may be more effective than angiotensin receptor blockers.

Gilles de la Tourette syndrome has become a celebrity among neurological diseases. Deep brain stimulation is another television favourite. But severe Tourette's syndrome is actually rare, and a UK trial of bilateral deep brain stimulation of the globus pallidus ended up with only 13

A 55 year old woman presented with a four month history of tiredness and leg swelling. Thyrotropin was more than 100 mIU/L (reference range 0.3-5.6) and free thyroxine was less than 2.0 pmol/L (7.8-14.4). Patients with longstanding hypothyroidism can develop lymphoedema. This is thought to result from reduced lymph clearance and increased albumin in the interstitial and extracellular space owing to a lack of thyroxine metabolism. The resulting chronic lymphoedema manifests in the skin with discoloration, verrucous deformity, hyperplasia, hyperkeratosis, papillomatosis, and eventually elephantiasis, which is known as elephantiasis nostras verrucosa. The figure shows the extensive gross dermatological change that can be associated with chronic hypothyroidism.

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Patient consent obtained.

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participants who completed the crossover periods of stimulation and non-stimulation (*Lancet Neurology* 2015, doi:10.1016/S1474-4422(15)00008-3). A useful reduction in tic activity was seen during the stimulation phases, but further fine tuning will be needed.

Male sex workers lie so well hidden that mapping their health needs is a daunting task. In many countries their work is criminalised and in most it is stigmatised. A review in *BMC Public Health* (2015;15:282, doi:10.1186/s12889-015-1498-7) makes a commendable start—for example, by posing the question of condom use, as well as how to reach at-risk men who might benefit from prophylactic antiretroviral treatment.

In Japan, as elsewhere, many patients with end stage cancer wish to die at home, even though they receive all their normal treatment in hospital. A study from a Japanese cancer hospital compares outcomes in patients referred to palliative care who either stayed in hospital or went home (*BMC Palliative Care* 2015;14:7, doi:10.1186/s12904-015-0003-5). Despite the lack of primary care support in Japan, the patients at home survived about twice as long as those who remained in hospital when matched for prognosis by propensity scoring.

Pathogenic bacteria are often portrayed as the subtle enemies of humankind, but in most cases they couldn't care less about us and would rather be somewhere else. What we put in their environment, however, can rapidly and profoundly change their pathogenic mechanisms. We know this about the use of antibiotics, of course, but a subtler threat may lie in other common environmental chemicals. A new study shows that exposing *Escherichia coli* and *Salmonella enterica* serovar Typhimurium to commercial formulations of three widely used garden herbicides can reduce their susceptibility to common antibiotics by a factor of six (*mBio* 2015;6:e00009-15, doi:10.1128/mBio.00009-15).

Things have not gone altogether smoothly for the human-camel relationship since 2012, when Middle East respiratory syndrome coronavirus (MERS-CoV) appeared and threatened to turn into a lethal epidemic. Suspicion fell on the dromedary as a vector, and this is confirmed by a new Saudi Arabian study (*Lancet Infectious Diseases* 2015;15:559-64, doi:10.1016/S1473-3099(15)70090-3). The study shows that the seroprevalence of MERS-CoV antibodies is significantly higher in people who have been exposed to camels than in the general population, which makes it likely that some of these exposed people have passed it on to other humans.

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