



Identify the structures in this tomography image
Try our picture quiz in **ENDGAMES**, p 113

Most oral desensitisation regimens to tackle cow's milk allergy are impractical. A weekly up-dosing regimen was tested in 30 children with IgE mediated cow's milk allergy. They were randomised to desensitisation with cow's milk or soy milk as a control. At the end of the 18 week regimen, full tolerance was achieved in ten patients in the cow's milk group and partial tolerance in one. Two patients dropped out due to severe reactions, but overall the regimen was effective and safe and induced consistent immunological changes (*Annals of Allergy, Asthma, and Immunology* 2010;105:376-81, doi:10.1016/j.anai.2010.03.015).

Five independent and experienced dermatologists from New Zealand, Australia, and the United States were sent images from 979 skin lesions to diagnose using software designed in New Zealand. An analysis of inter-observer variability showed excellent agreement between four of the dermatologists for lesions diagnosed as melanomas and benign naevi. The fifth diagnosed melanoma far more frequently than the others. Rather politely the authors say the difference could be due to different definitions of terms, a lack of familiarity with the specific patient population, or "diagnostic drift" (*British Journal of Dermatology* 2010;163:1276-81, doi:10.1111/j.1365-2133.2010.10010.x).

More UK adults drink "at home" now than 30 years ago, and most alcohol drinking now takes place at home. A study set in an economically deprived seaside town in the north of England identified various themes to explain the shift in drinking venues. Convenience was the main catch-all reason; this included cost, safety, social occasions, fear of under-age drinkers, childcare, and relief of stress. The smoking ban in public places also emerged as a reason. Home drinking was generally seen as safe and responsible (*Journal of Public Health* 2010;32:512-8, doi:10.1093/pubmed/fdq008).

There are lots of reasons to encourage people to take supplements when they're found to have low levels of vitamin D. An Australian randomised controlled study of elderly women with low vitamin D levels found that after 12 months, those who benefitted most from taking vitamin D supplements were those who'd been the weakest and slowest at the beginning of the study. This group showed improved muscle function



A 24 year old man presented with a generalised maculo-papular rash, extending to his palms, associated with fever, generalised malaise, and pharyngitis. A maculo-papular rash affecting any site or the whole body but extending to the palms and soles accompanied by fever, malaise, pharyngitis, and lymphadenopathy suggests secondary syphilis. This man had no history of exposure to syphilis, and IgM testing confirmed acute measles (rubeola) virus infection. Measles was confirmed in 1144 cases in England and Wales in 2009, representing a resurgence of another infectious cause of palmar rash in adults.

Joby Cole, specialty training 3, **Jody Aberdein** (jody.aberdein@sth.nhs.uk), specialty training 4, **Stephen Green**, professor, Department of Infectious Diseases, Royal Hallamshire Hospital, Sheffield S10 2JF, UK
Patient consent obtained.

Cite this as: *BMJ* 2010;341:c7281

and mobility (*Journal of the American Geriatrics Society* 2010;58:2055-64, doi:10.1111/j.1532-5415.2010.03142.x).

The efficacy of male circumcision to prevent HIV infection of men by HIV positive women is in no doubt. What is needed, however, are procedures that can be safely provided to large numbers of adult men in developing countries. Researchers have claimed that current techniques are producing "shocking" and "unacceptable" rates of complications—frequently from circumcisions performed as part of traditional coming-of-age rites in Kenya. The surgical kits of traditional circumcisers consist of a knife, a pinch of clay to help grasp the foreskin, herbs to staunch the bleeding, and leaves or gauze to wrap the penis (*AIDS* 2010, doi:10.1097/QAD.0b013e32832faec0).

Some prospective studies have suggested that regular consumption of marine long chain fatty acids are associated with lower risk of heart disease, and the health promoting effects of fish

have been ascribed to long chain fatty acids. But when 68 healthy men took part in an eight week intervention of eating farmed trout fed on marine or vegetable based feeds, no significant differences were found in any of the cardiovascular variables measured. Those who'd eaten marine fed trout did, however, have higher levels of long chain fatty acids in their red blood cells (*British Journal of Nutrition* 2010;104:1528-36).

Should women be asked to pay for their caesarean sections if they want them in the absence of a medical indication? In Norway opinions differed between male and female obstetricians. Overall nearly two thirds of obstetricians considered maternal requests for caesarean sections to be problematic on clinical grounds, and 40% of respondents were in favour of a co-payment system to help constrain the number of requests. But interestingly, men were less inclined than women to express concern, and were more inclined to favour public funding (*Acta Obstetrica et Gynecologica* 2010;89:1582-8, doi:10.3109/00016349.2010.526181).

A blinded, randomised, prospective comparison of a generic and branded formulation of atorvastatin in Korean adults with high cholesterol and at high risk of heart disease found no significant differences in low density cholesterol lowering effects between the two formulations (*Clinical Therapeutics* 2010;32:1896-905, doi:10.1016/j.clinthera.2010.10.004). More hepatobiliary laboratory abnormalities were reported in the generic group, but more myalgia was reported in the branded group.

A public housing redevelopment project in Seattle offered a unique opportunity to study the health impact of specially constructed asthma-friendly homes on children with asthma. Thirty-four children who'd moved into Breathe-Easy homes were compared with a locally matched group of 68. All had previously received home visits and education. The homes were built with moisture reduction features, enhanced ventilation systems and dust minimising materials. Residents had a significant increase in days free of asthma symptoms after 12 months in the new home, and the number of urgent asthma related clinical visits dropped. Their carers' quality of life significantly improved (*American Journal of Public Health* 2011;101:55-62, doi:10.2105/AJPH.2010.300008).

Cite this as: *BMJ* 2010;341:c7283