



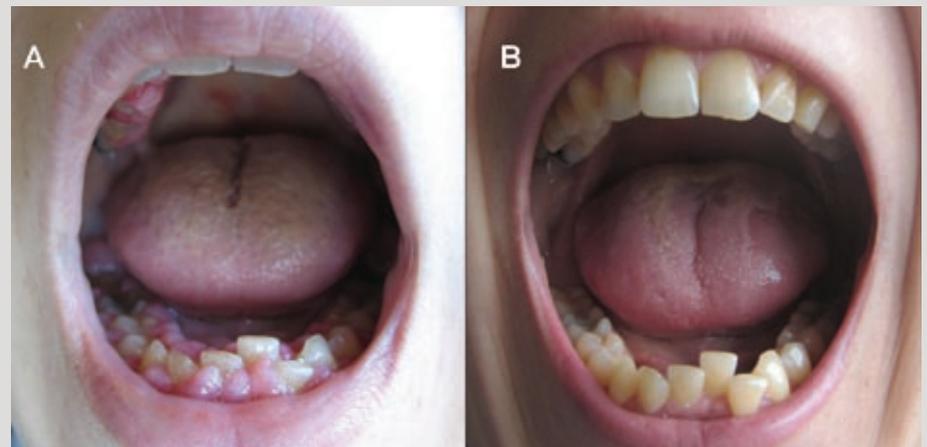
A skin lesion on the back of a young woman's hand.
Try the picture quiz in **ENDGAMES**, p 897

Proton pump inhibitors interfere with clopidogrel: a study of patients who received clopidogrel after a first myocardial infarction, including 734 cases who were readmitted with a second myocardial infarction and 2057 controls, found that patients who received concomitant treatment with proton pump inhibitors other than pantoprazole were at increased risk of reinfarction (adjusted odds ratio 1.27, 95% confidence interval 1.03 to 1.57; *CMAJ* 2009;180:713-8 doi:10.1503/cmaj.082001).

Clever eye tracking devices have enabled researchers in the United States to watch consumers as they read the statements on over-the-counter medications. Despite a requirement from the Food and Drug Administration that certain warnings be made “prominent” and “conspicuous”, it seems that consumers spend the least time looking at the tamper-prevention and child-resistant statements, and the longest time looking at the brand names. And asked what they recalled afterwards, people remembered more information about the brand name than about any warnings on the products they’d looked at (*Proceedings of the National Academy of Sciences* 2009; published online 30 March, doi:10.1073/pnas.0810665106).

Death due to excessive adiposity is no better predicted from waist measurements than from weight measurements, an editorial argues in the *American Journal of Clinical Nutrition* (2009;89:1003-4, doi:10.3945/ajcn.2009.27598). After a 2005 study was highly criticised for using body mass index, which doesn’t reflect fat distribution, the authors compared eight different measures of total body fat and body fat distribution. They found that all the anthropometric measures they used predicted almost the same number of deaths attributable to excess fat.

A working party designed to address the “future doctor” is mostly made up of young women, writes Richard Smith, who Minerva presumes is one of the “three old guys” also appointed to the group. He reminded the working party that “things are not right now” (otherwise the party wouldn’t be needed) and that they should not just be thinking about one kind of future doctor. Future doctors, he says, will need not just the capacity to change, but an enthusiasm for change (*Journal of the Royal Society of Medicine* 2009;102:89-91, doi:10.1258/jrsm.2009.090001).



A 35 year old pregnant woman developed gross gingival hyperplasia and lost 10 pounds (4.5 kg) in weight over five weeks. She had no other symptoms. Blood samples showed leukocytosis, anaemia, and thrombocytopenia. Bone marrow aspiration showed acute myeloblastic leukaemia. Pregnancy was terminated at around 22 weeks and chemotherapy promptly started. Her gingival hyperplasia improved within five days of starting chemotherapy (A) and by 51 days had returned to normal without any odontological intervention (B). Gingival hyperplasia is associated with acute myelomonocytic and monocytic leukaemias and necessitates immediate investigation.

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A new cookbook has hit the bookshelves. It’s directed at prostate cancer prevention and apparently includes in jargon-free terms, but with good scientific evidence, a look at why diet is so important, and points to the best sources of polyphenols, selenium, vitamin D and E, and the *Allium* vegetables that also help. Recipes are contributed by several celebrity chefs including Antony Worrall Thompson and Raymond Blanc (www.kylecathie.com).

Breakdancing, a form of highly acrobatic dancing, should be considered a dangerous sport, say German researchers. Their study of amateur and professional breakdancers found that injuries and overuse were common in both, but were reported significantly more frequently by the professionals. Usual sites of injury were wrists, knees, hips, ankles, feet, and elbows. Protective clothing and gear seemed to make little difference to injuries or pain (*American Journal of Sports Medicine* 2009;37:797-802, doi:10.1177/0363546508328120).

Surgical debridement of the subacromial bursa is no more effective than acromioplasty in relieving the symptoms of subacromial

impingement syndrome, although both give good clinical results in terms of pain reduction and functional restoration, according to a prospective randomised study in the *Journal of Bone and Joint Surgery* (2009;91-B:504-10, doi:10.1302/0301-620X.91B4.21442). The authors say that the outcome is more affected by the shape of the acromion (more crooked ones being more difficult) and severity of symptoms than by the surgical approach.

Much is known about the risk of stroke associated with the combined oral contraceptive pill, but what about progesterone-only contraceptives? A meta-analysis of studies published since 1960 of both types of contraceptives found only six case-control studies of progesterone-only contraceptives, and the combined odds ratio showed no increase in the risk of stroke whether the progesterone-only contraceptive was ingested, injected, or implanted. But the data are limited, and more work is needed in women with risk factors for stroke (*Stroke* 2009;40:1059-62, doi:10.1161/strokeaha.108.538405).

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