



**Angiogram of right lower leg**  
Try the anatomy quiz in **ENDGAMES**, p 931

Sugar heavy foods and drinks are the focus of the obesity epidemic, and salt is usually the domain of those with an interest in blood pressure. But an international study of nutrients and blood pressure reports that drinking sugar sweetened beverages is also related directly to blood pressure. Increasing intake by just one serving (355 mL) a day was associated with systolic/diastolic blood pressure increases of 1.6/0.8 mm Hg, and 1.1/0.4 mm Hg with adjustments for weight and height. Intake of diet drinks was inversely associated with blood pressure (*Hypertension* 2011;57:695-701, doi:10.1161/hypertensionaha.110.165456).

Women who stop menstruating because of overexercising or severe restriction of calories may be helped by boosting their levels of the hormone leptin. A double blind clinical pilot trial of a synthetic form of leptin versus placebo in 20 women with hypothalamic amenorrhoea found that about 70% of the women responded to the treatment during the 36 week trial, and that four of them actually ovulated. Levels of biochemical markers of bone formation were also higher in the treatment group than in controls (*Proceedings of the National Academy of Sciences* 2011, doi:10.1073/pnas.1015674108).

Twenty one years after breaking both forearm bones, 71 patients were followed up to assess how their injuries had affected them. Validated questions were used to evaluate disabilities of the arm, shoulder, and hand, patients' tendency to catastrophise pain, and their experience of depression. The findings indicate that patients had similar levels of disability whether their skeletons were mature or immature at the time of the fracture. The level of disability correlated more with subjective pain and psychosocial aspects of illness than with objective measures of impairment (*Journal of Bone and Joint Surgery (American Edition)* 2011;93:527-32, doi:10.2106/JBJS.J.00581).

The introduction of more intensive initial treatment for children with newly diagnosed acute lymphoblastic leukaemia may prolong time to relapse, but if relapse does occur, outcomes remain poor (*Blood* 2011;117:3010-15, doi:10.1182/blood-2010-07-294678). Post-relapse survival was examined using data from 272 patients. No differences in three year post-relapse survival were



This 82 year old man presented with a 10 day history of tongue pain and grey-black discoloration of the distal part of his tongue. He also complained of headache and scalp tenderness, and was found to have raised levels of inflammatory markers. Giant cell arteritis is the most common cause of tongue necrosis. He was therefore started on high dose oral steroids, and a temporal artery biopsy showed features consistent with giant cell arteritis.

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Patient consent obtained.

Cite this as: *BMJ* 2011;342:d2295

identified in children who had received augmented (compared with standard) intensity post-induction intensification first time around. The researchers say their findings shed light on the mechanism of relapse, possibly through the emergence of a resistant subclone of leukaemic cells that has spontaneously mutated independent of the initial treatment.

How does providing calorific information and raising taxes on high calorie foods influence what people buy to eat for lunch? Researchers used something called "elastic analyses" in a study involving nearly 200 university students, which showed that there's an interaction between tax and calorie information. A price increase for the high calorie foods reduced the percentage of calories chosen for lunch, but only in the absence of information about calories (*American Journal of Clinical Nutrition* 2011;93:689-94, doi:10.3945/ajcn.110.008193).

Is there a link between the sources of revenue for health journals and the drug recommendations made in the articles

it publishes? According to a German study, journals that are financed by paid advertisements almost exclusively recommended the use of selected drugs, whereas those financed by subscription fees tended to recommend against the use of these same drugs. Doctors should be aware of this bias in their use of material published in medical journals that focuses on continuing medical education (*CMAJ* 2011;183:544-8, doi:10.1503/cmaj.100951).

Sleep disordered breathing may worsen the risk of new or recurrent heart disease. But does it work the other way around? Nearly 3000 patients in the Sleep Heart Health Study with heart disease at baseline underwent two polysomnograms five years apart. The result showed that in a community based sample of middle aged and older adults, incident heart disease was associated with a deterioration in sleep disordered breathing over five years (*Circulation* 2011;123:1280-6, doi:10.1161/circulationaha.110.974022).

How have UK psychiatrists coped with a decade of endless and rapid change? By becoming stressed, according to *The Psychiatrist* (2011;35:130-4, doi:10.1192/pb.bp.110.030858). The survey sent out by a division of the Royal College of Psychiatrists had a 44.9% response rate, and it found that although some changes in services have reduced stress in some areas, they have increased stress in others. Over the past decade, early retirement has become less popular, but psychiatrists have been more likely to self prescribe and to have suicidal thoughts.

While carotid stenting has grown in popularity, rates of restenosis are more frequent than after carotid endarterectomy. In a study involving just over 500 patients, the rate of restenosis (greater than 50% or occlusion) was significantly higher after angioplasty and stenting (12.5%) than after endarterectomy (5%). No significant differences were seen between the groups for the rates of severe restenosis of greater than 70% or occlusion. More data are needed to determine the relation between restenosis and recurrent stroke over time (*Stroke* 2011;42:1015-20, doi:10.1161/strokeaha.110.589309).

Cite this as: *BMJ* 2011;342:d2296