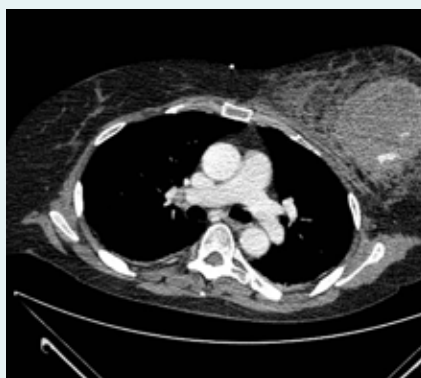


It's a simple message: replacing calorie filled drinks with water or diet drinks achieves average weight losses of 2% to 2.5% over six months in overweight adults. Analysis of data from a randomised clinical trial identified a significant reduction in weight and waist circumference as well as a significant improvement in systolic blood pressure over the course of six months for the diet drink group. The diet drinkers were twice as likely as those in the control group (who continued drinking high calorie drinks) to achieve a 5% weight loss at six months (*American Journal of Clinical Nutrition* 2012;95:555-63, doi:10.3945/ajcn.111.026278).

Retinal haemorrhages are often seen in children who have sustained abusive head trauma, but could they also be caused by vigorous coughing? A prospective study of children aged 15 days to 2 years admitted to hospital with pertussis reports that none of the 35 had any signs of retinal bleeding. The researchers conclude that pertussis infections are unlikely to cause retinal bleeds in the under 2 and concur that if retinal bleeds are found in young children with a cough, the coughing is unlikely to be the cause (*Archives of Diseases in Childhood* 2012;97:239-40, doi:10.1136/archdischild-2011-300498).

Repeat testing for chronic kidney disease after three months significantly reduces the estimated prevalence of the disease. But it does identify a population with true chronic kidney disease and with a cardiovascular risk in excess of that in the general population (*QJM* 2012;105:247-55, doi:10.1093/qjmed/hcr171). The risk of cardiovascular disease was not increased among those with only a single test indicating chronic kidney disease.

A survey of 1200 US anaesthetists (55% response rate) reports that 84% of respondents had been involved in at least one unanticipated death or serious injury of a perioperative patient during their career. More than 70% of them experienced guilt, anxiety, and reliving of the event, with 88% saying they had needed time to recover emotionally from the event. Nineteen per cent admitted they'd never recovered, and 12% had considered a career change. Although 64% said they'd compromised patient care in the immediate aftermath, only 7% were given time off from work (*Anesth Analg* 2012;114:596-603, doi:10.1213/ANE.0b013e318227524e).



A 74 year old woman presented to the emergency department with considerable bruising and an expanding haematoma of the left breast after a road traffic incident. She had been wearing her seatbelt and no other injuries were identified. Computed tomography of her chest showed a haematoma within the left breast with active bleeding. She was taken to theatre within four hours for surgical evacuation of the haematoma, which showed a shearing injury of the left pectoral muscle. She required 10 units of blood and subsequently made a good recovery. This case reminds us that soft tissue injuries can be life threatening.

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Indian casinos in California are possibly the last bastion of public indoor smoking, but they might do better business if they stopped the smoking. Visitors to one casino who were never smokers were more likely to express a willingness to extend their stay and visit again compared with current smokers. And overall, the data indicate that if smoking were prohibited more business would come through the doors (*BMC Public Health* 2012;12:144, doi:10.1186/1471-2458-12-144).

"Accelerometry" counts provide objective levels of physical activity, which helped researchers identify some of the modifiable determinants of undertaking exercise. Participating adults (n=547) were divided into two age bands—65 to 80 years and over 80—and into two groups of affluence. Accelerometry counts were highest in the affluent younger group, followed by the deprived younger group. The lowest counts were



A 34 year old man with bilateral anterior uveitis and a rash

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 ENDGAMES, p 48

recorded in the older deprived group. Being younger and having higher perceived behavioural control, higher scores of physical function, and having someone nearby to turn to were all independently associated with higher physical activity levels (*PLoS ONE* 2012;7:e31878, doi:10.1371/journal.pone.0031878).

Three or more glasses of wine have an adverse effect on surgical performance. Otolaryngologists were put to the test on a validated laryngeal model, with a request to perform microlaryngoscopy with excision of a glottic lesion under the influence of varying amounts of alcohol. The parameters recorded included theatre etiquette, surgical time, operative skills, and patient safety. Overall, ability was reduced by 7.25% after three glasses and 19.25% after six glasses of wine. None of the domain scores improved with sequential increase in blood alcohol concentration (*Annals of the Royal College of Surgeons of England* 2012;94:90-3, doi:10.1308/003588412x13171221501627).

Postmenopausal women with breast cancer who take aromatase inhibitors are at risk of progressive bone loss and fractures. The final five year results of the Z-FAST trial show that giving zoledronic acid upfront to improve bone density is the preferred treatment strategy, rather than delayed administration. The upfront approach significantly and progressively increased bone mineral density in postmenopausal women receiving letrozole for five years, and the co-administration of letrozole and zoledronic acid was well tolerated (*Cancer* 2012;118:1192-201, doi:10.1002/cncr.26313).

Intense exercise is a risk factor for hip and knee osteoarthritis even in the absence of injury. A study compared 709 former male elite athletes with 1368 matched non-athlete controls. The risk of osteoarthritis was higher than expected in the retired athletes. The increased risk of hip osteoarthritis in the athletes was chiefly driven by a higher risk among those involved in high impact sports—football, rugby, and ice hockey players. Knee osteoarthritis had an increased prevalence in both impact and non-impact athletes, but previous knee injuries were associated with knee osteoarthritis in impact athletes only (*American Journal of Sports Medicine* 2012; doi:10.1177/0363546511429278).

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