



A 79 year old man with a lesion on his cheek

Try the picture quiz in
ENDGAMES, p 50

In a small pilot study of tremor, participants who experienced psychogenic tremor reported 65% more tremor than confirmed by objective actigraphy and those with organic tremor reported 28% more tremor than measured by actigraphy. Psychogenic patients reported significantly more tremor during the waking day than patients with organic tremor, despite having almost no tremor recorded by actigraphy (*Brain* 2012;135:117-23, doi:10.1093/brain/awr292). People with psychogenic tremor fail to perceive accurately that they do not have tremor for most of the day.

A cost-utility analysis of two options for vascular access in patients receiving haemodialysis—arteriovenous fistula or synthetic vascular access—reports that a universal policy of using arteriovenous fistula first doesn't necessarily optimise clinical outcomes (*Annals of Surgery* 2012;255:181-6, doi:10.1097/SLA.0b013e31822f4e9b). Synthetic access is often required if the fistula does not mature. The fistula first strategy yields 2.19 quality adjusted life years compared with 2.06 for synthetic access first. Using an arteriovenous fistula first is the better approach only if the fistula maturation rate is at least 69%, which is higher than the rate achieved in real life.

Does single embryo transfer lower the risk of poor perinatal outcomes associated with in vitro fertilisation compared with double or multiple embryo transfer and spontaneous conception? A systematic review and meta-analysis concludes that elective single embryo transfer is associated with decreased risks of preterm birth and low birth weight compared with double embryo transfer but brings higher risks of preterm birth compared with spontaneously conceived singletons (*Fertility and Sterility* 2012;97:324-31, doi:10.1016/j.fertnstert.2011.11.033).

A Swedish study explored the relation between ischaemic stroke and the risk of a similar event happening in family members (*Circulation: Cardiovascular Genetics* 2012, doi:10.1161/circgenetics.111.962241). This population based study found a 60% increased risk of ischaemic stroke in people whose siblings had had a stroke (2.3% v 1.5% in those whose siblings had not had a stroke). The effect was higher for full sibling relations than for half siblings.



This infant was diagnosed with a unioocular cataract at the eight week check, when the window for effective intervention had almost closed. Management of unioocular congenital cataract achieves best results in patients with an average age of 5 (\pm 4.1) weeks at the time

of surgery. For older patients the outcome is worse because dense amblyopia is more likely to occur. The UK screening programme relies heavily on the neonatal check, and if a unioocular cataract is not noticed until eight weeks then rapid review by an ophthalmologist

and access to surgery is essential.

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Oral and sublingual immunotherapy are used for food allergy, but the optimal method of administration, mechanism of action, and duration of response are unknown. A randomised safety and efficacy trial of immunotherapy for treating cows' milk allergy in children found that oral immunotherapy plus sublingual immunotherapy produced better desensitisation to cows' milk than sublingual immunotherapy alone but resulted in more systemic side effects (*Journal of Allergy and Clinical Immunology* 2012;129:448-55, doi:10.1016/j.jaci.2011.10.023). Clinical desensitisation was lost in some cases within one week of treatment.

Travellers to the US or any other country where fingerprint identification is required can encounter delays if their fingerprints are abnormal. It is not just the very rare inherited adermatoglyphia that can cause problems but also more common conditions such as psoriasis, systemic lupus erythematosus, or erythroderma. Patients with these conditions are advised to carry a letter from their doctor indicating the problem (*Clinical and Experimental Dermatology* 2012;37:195-6, doi:10.1111/j/1365-2230.2011.04268.x).

Dental care settings are a potentially fruitful venue for rapid HIV testing, but US dentists are not enthusiastic to take it on. According to the *American Journal of Public Health*, they are not concerned about the risks of transmission or referring on people who have positive results but about causing offence to patients, low patient acceptance of HIV testing, inadequate reimbursement for undertaking testing, and having

to deal with false results (2012;102:625-32, doi:10.2105/AJPH.2011.300509).

Electroconvulsive therapy (ECT) is the most potent treatment for severe depression but we have not known how it works. Functional magnetic resonance imaging of nine patients who had successful ECT showed that the main change was down-regulation of the average global connectivity in the part of the brain implicated in depression (the left dorsolateral prefrontal cortical region). This decreased connectivity ran concurrently with significant improvements in their depressive symptoms (*Proceedings of the National Academy of Sciences* 2012, doi:10.1073/pnas.1117206109). The researchers hope this mechanistic understanding of ECT will allow others to replicate its therapeutic effects in less invasive ways.

Do micronutrient supplements taken during pregnancy affect postnatal health? In a double blind, randomised trial researchers followed almost 1300 singleton children born to mothers in Burkina Faso who had received either Unicef/WHO multiple micronutrient supplements or the standard iron and folic acid supplement during pregnancy, up to 30 months before giving birth (*American Journal of Clinical Nutrition* 2012;95:916-24, doi:10.3945/ajcn.111.029033). Significantly improved fetal linear growth and enhanced postnatal growth was seen in the children whose mothers had received the multiple micronutrient supplements. But no differences in childhood mortality or morbidity were found between the groups.

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