



Coronal proton density weighted magnetic resonance image of a 9 year old child's left ankle and foot

Try the anatomy quiz in ENDGAMES, p 35

Everyone should take their pills and shut up. That seems to be the basis of modelling studies that project the benefits of statins and blood pressure lowering drugs on ever greater swathes of the populace. To argue otherwise is to risk roars of indignation from eminent professors. But two important studies have shown that you can hand preventive pills to people but many won't take them regularly, even for colossal levels of individual benefit. The first, which appeared last year (*Circulation* 2014;129:2539-46, doi:10.1161/CIRCULATIONAHA.113.007595), found that 5% of people on the streets of London would not take a pill if it gave them another five years of life. Now an American study (*Circulation: Cardiovascular Quality and Outcomes* 2015, doi:10.1161/CIRCOUTCOMES.114.001240) of 1000 randomly selected respondents shows that people would pay an average of \$1445 (£948; €1265) to avoid taking one pill a day.

Bruising is an inevitable part of childhood, but "normal" bruising is less well described than bruising caused by non-accidental injury. Data from normal children in south Wales were collected over two periods totalling more than five years to map the number and distribution of bruises sustained from everyday activities and accidents in preschool children (*Archives of Disease in Childhood* 2015, doi:10.1136/archdischild-2014-307120). The most common site affected in all groups was below the knees, followed by "facial T" and head in premobile and early mobile babies and toddlers. The ears, neck, buttocks, genitalia, and hands were rarely bruised (<1% of all collections).

In the days before it morphed into chronic obstructive pulmonary disease (COPD), people with "chronic bronchitis" were divided into two populations: "blue bloaters" and "pink puffers." The pink puffers, who existed in a state of respiratory overdrive, often became thin. Sarcopenia affects about 15% of patients with COPD attending clinics at the Harefield Hospital (*Thorax* 2015, doi:10.1136/thoraxjnl-2014-206440), and these patients have reduced exercise capacity, functional performance, physical activity, and health status compared with those without sarcopenia. But sarcopenia can be reversed and function improved in about a quarter of these patients after pulmonary rehabilitation.



A 3 week old neonate presented with an annular erythematous rash on her face, thrombocytopenia, and raised liver enzymes. Her rash was initially treated as an infection but was subsequently diagnosed as neonatal lupus erythematosus (NLE). Investigations showed positive antibodies to SSA/Ro and SSB/La. Electrocardiography found no evidence of congenital heart block. Her mother was healthy but tested positive for autoantibodies. The rash improved with topical corticosteroids and sun avoidance. NLE occurs in one in 20000 live births and arises through transplacental passage of maternal autoantibodies. Most patients with NLE of skin, liver, or blood have transient disease that spontaneously resolves.

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"A prospective evaluation of survivorship of asymptomatic degenerative rotator cuff tears" is the somewhat alarming title of a study in the *Journal of Bone and Joint Surgery* (2015;97:89-98, doi:10.2106/JBJS.N.00099). Rather than showing that we should all be screened for this life threatening condition, five year clinic follow-up using annual imaging proves what we all suspected—that these tears tend to enlarge with time, sometimes causing symptoms, but not death.

The next arresting title is "The sexy scalpel: unnecessary shoulder surgery on the rise." (*British Journal of Sports Medicine* 2015, doi:10.1136/bjsports-2015-094589).

This editorial is mostly about subacromial decompression, the use of which increased by 746% in the NHS between 2000 and 2010, while the rate of simple rotator cuff repair hardly changed (*Bone and Joint Journal* 2014;96-B:70-4, doi:10.1302/0301-620X.96B1.32556). "For over 20 years, surgery has failed to provide superior outcomes compared to conservative therapy for the treatment of subacromial pain syndrome," says the editorial, urging us to make exercise as sexy as the scalpel.

Wielding the sexy scalpel is big business in California, where one plastic surgeon went to the length of marrying his patient before submitting her to various body enhancing procedures, including vaginoplasty, labiaplasty, and "a G-spot shot" (www.mirror.co.uk/news/uk-news/plastic-surgeon-creates-ideal-wife-2227996). Susan Bewley, a London professor of complex obstetrics, wrote to the *BJOG* (2015, doi:10.1111/1471-0528.13245) after a debate piece for and against labiaplasty, pointing out that this is an area where commerce trumps medicine and failure to declare interests is rife.

Excessive exercising, sexual behaviour, shopping, online chatting, video gaming, and eating are often labelled as "addictive behaviours." But that does not mean that they are permanent, according to a five year study of 4121 adults in Ontario (*BMC Psychiatry* 2015;15:4, doi:10.1186/s12888-015-0383-3). "The large majority of people reported having problematic over-involvement for just one of these behaviours and just in a single time period," and little difference was seen between men and women.

Pepsin should live in the stomach and not the middle ear, but half of 129 children undergoing myringotomy with tube placement for otitis media in an American tertiary centre had pepsin A in ear fluid samples (*JAMA Otolaryngology Head and Neck Surgery* 2015, doi:10.1001/jamaoto.2014.3581). The authors caution that "Extrasophageal reflux as indicated by the presence of pepsin A is closely involved in the middle ear inflammatory process and may worsen the disease in some children." However, proof of cause and effect between these two conditions requires further investigation.

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