



Tumour biomarkers: diagnostic, prognostic, and predictive

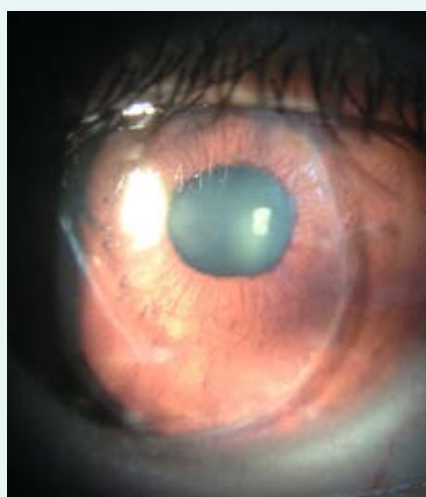
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ENDGAMES, p 35

Ever since antibiotics first came on the scene, GPs have been blamed for overusing them. Sweden has highly conservative guidelines, which recommend the oldest form of oral penicillin—phenoxymethylpenicillin—as the first line antibiotic for acute otitis media, sinusitis, tonsillitis, and pneumonia. No antibiotic treatment is recommended for acute bronchitis. In a survey of all GPs in Jönköping County, most followed national guidelines on choice of antibiotics when treating respiratory tract infections in children but to a lesser degree when treating adults. Older GPs were most likely to be disobedient (*BMJ Open* 2015;5:e008096, doi:10.1136/bmjopen-2015-008096).

Australia launched its national programme of quadrivalent human papillomavirus (4vHPV) vaccination in April 2007. To assess its effectiveness in high risk young women, the Melbourne Sexual Health Centre did a survey of HPV in samples from 1202 women diagnosed as having chlamydia infection from 2004 to 2014 (*Lancet Infectious Diseases* 2015, doi:10.1016/S1473-3099(15)00055-9). In Australian born women aged 21 years or less, the prevalence of HPV-6 and HPV-11 remained at 0% for all years after 2008-09, and for HPV-16 and HPV-18 it was less than 5%. Herd protection was also strong, with a significant decrease in the prevalence of 4vHPV strains in unvaccinated women.

Pseudomonas aeruginosa is an omnivorous organism with a large genome that is notorious for colonising the lungs of people with cystic fibrosis. Unfortunately, it seems that cystic fibrosis centres may provide an environment for pseudomonas to swap hosts or genes. A study of 18 such centres across Australia found that in 983 patients of mean age 25, there were 493 unique strains in 373 patients and 38 shared strains in 610 patients (*Lancet Respiratory Medicine* 2015, doi:10.1016/S2213-2600(15)00228-3). Shared strains were associated with adult patients who attended the same centres.

More observational evidence that growing up on a farm is good for you comes from northern Finland, where 5666 people born in 1966 had their lung function measured at the age of 31 (*BMJ Open* 2015;5:e007350, doi:10.1136/



This patient sustained penetrating right eye trauma, which resulted in a visual axis corneal scar. Vision was reduced to 6/60, with no improvement with refractive aids. She underwent rotational auto-keratoplasty (rotated corneal “transplant” from the same eye) to relocate the scar in the corneal periphery and keep her central cornea clear. Her vision improved to 6/6 with a soft contact lens. This operation has the advantages of no immunological rejection, need for post-operative corticosteroids for a short period only, and no need for a donor cornea. It is an alternative to conventional keratoplasty for some patients with visually significant traumatic corneal scars.

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Patient consent obtained.

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bmjopen-2014-007350). Being born into a farmer's family was associated with higher forced expiratory volume in one second (36 mL, 95% CI 6 to 67) and forced vital capacity (40 mL, 5 to 75). There was a suggestive dose dependent association with the number of animal species encountered during childhood, and for those who cannot arrange a full farm environment for their offspring, dogs seem to confer some benefit.

Using a nationwide database in Denmark, investigators identified 4557 children diagnosed as having attention-deficit/

hyperactivity disorder (ADHD) before age 10 years. These children are at increased risk of accidents and injuries, and the study was designed to estimate the odds ratios for injuries and the mean change in prevalence rates of injuries and emergency ward visits before and after treatment. Age matched untreated children with ADHD served as controls. Strikingly, treatment with ADHD drugs reduced the risk of injuries and emergency ward visits by up to 43% and 45%, respectively (*Lancet Psychiatry* 2015;2:702-9, doi:10.1016/S2215-0366(15)00271-0).

In a study conducted in playgroups in Brisbane, Australia, qualitative researchers explored parents' expectations when they take children with earache and fever to a GP (*BMC Family Practice* 2015;16:82, doi:10.1186/s12875-015-0297-7). Most parents had already tried painkillers and, from previous experience, came expecting antibiotics. Some were worried about lasting hearing loss. Minerva looks forward to further interventional studies that will show how to change parents' expectations and doctors' behaviour.

“He makes the whole house shake when he snores, doctor.” A study from Turkey shows that the loudness and frequency of snoring is linked to the severity of obstructive sleep apnoea (*Annals of Otology Rhinology and Laryngology* 2015, doi:10.1177/0003489415595640). This finding suggests that decibel meters may have a place in sleep clinics. And those affected should perhaps consider moving from the earthquake zone of Turkey, for fear of triggering an event.

Wheeled by a television interviewer across the fields of Cornwall at the end of his life, John Betjeman was asked whether he had any regrets. “Yes, I haven't had enough sex,” came the famous reply. A study in *Age and Ageing* (2015, doi:10.1093/ageing/afv083) explored the association between quality of life and sexual activity in 133 participants of mean age 74 years. Included were touching/holding hands, embracing/hugging, kissing, mutual stroking, masturbating, and intercourse. Both the frequency and importance of sexual behaviours were moderately positively correlated with quality of life.

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