



Skin lesion in a critically ill man
Try the case review in **ENDGAMES**, p 35

To paraphrase Dr Samuel Johnson, a close brush with death concentrates the mind wonderfully. In a letter to the *Lancet* early this year, Desmond Julian, the British cardiologist who introduced coronary care units, described two potentially fatal events that were attributable to the β blocker he had been taking for decades. Now, he and colleagues have followed this up with a challenging piece on the long term use of cardiovascular drugs (*Journal of the American College of Cardiology* 2015;66:1273-85, doi:10.1016/j.jacc.2015.07.018). They look at four classes— aspirin, statins, β blockers, and angiotensin converting enzyme inhibitors— and contrast the known potential harms of these drugs in older people with the lack of randomised trial evidence of long term benefit in most conditions.

A study from Nottingham measured serum osmolality in 200 acute medical patients aged 65 or more (*Age and Ageing* 2015, doi:10.1093/ageing/afv119). On admission, 37% were dehydrated, and of these 62% were still dehydrated when reviewed 48 hours later. Of the 7% patients who died during admission, 79% had come in dehydrated.

The Systemic Lupus International Collaborating Clinics gather information from nine countries and they have just reported their findings on lupus nephritis (*Rheumatology* 2015, doi:10.1093/rheumatology/kev311). Of 1827 patients (89% female, mean age 35.1 years), lupus nephritis occurred in 700 (38.3%). Nephritis was associated with a much higher treatment burden and a somewhat increased risk of death within 10 years (5% v 3.6% in those without nephritis). Although this is still a challenging disease, compare these figures with the death rate of 50% within four years when systemic lupus erythematosus was first described in the early 1950s.

Missing Hero: please report. Gwen Lay of Hemel Hempsted was travelling north on the Jubilee Line on 23 July at about 2130 when her partner collapsed with a cardiac arrest. A young medic sprang to the rescue, performed cardiopulmonary resuscitation, and had a bystander phone for an ambulance at the next station. The crew was waiting there and took over his successful resuscitation, but the hero of the hour disappeared. Could he or anyone



A 27 year old woman presented with urticated papules in a linear distribution on her limbs. When staying in a hotel the previous week, she awoke with the rash on exposed skin and found 2-5 mm brown flat insects on the bed sheet. These were identified as *Cimex lectularius* (bedbugs). The lesions resolved with topical steroids. There is a global resurgence of bedbugs; the reason is unknown. Bites may not always trigger an eruption, but an allergic reaction to arthropod saliva often occurs. Linear bites described as “breakfast-lunch-dinner” may result from factors including host contact with bedding, test bites for blood vessels, and interrupted feeding.

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who knows his identity please contact editor@bmj.com so that he can be given personal thanks?

Some journal articles have misleading titles, but not this one—“In wealthier countries, patients perceive worse impact of the disease although they have lower objectively assessed disease activity: results from the cross-sectional COMORA study” (*Annals of the Rheumatic Diseases* 2015,

doi:10.1136/annrheumdis-2015-207738). Need one say more? The COMORA study has nothing to do with gangs in Naples but stands for COMORbidities in RA (rheumatoid arthritis). It examined differences in physician reported and patient reported outcomes across 17 countries and found a paradox of worse physician reported outcomes but better patient reported outcomes in low income countries.

Ductal carcinoma in situ (DCIS) or stage 0 breast cancer used to account for 4% of all breast cancers, but since the advent of screening mammography it accounts for 20-25%. In a group of more than 100 000 women treated for DCIS, breast cancer specific mortality was 3.3% at 20 years (*JAMA Oncology* 2015, doi:10.1001/jamaoncol.2015.2510). The accompanying editorial (*JAMA Oncology* 2015, doi:10.1001/jamaoncol.2015.2607) ponders these results and the fact that the removal of 50 000-60 000 DCIS lesions annually has not reduced the incidence of invasive breast cancers. It calls for a rethink of our strategy for detecting and treating DCIS.

Elite ballet dancing is a highly unnatural activity, and a radiographic survey of 47 male and female dancers in a Texan ballet company showed a cam deformity of the hip in 32% and at least two out of six features of a pincer deformity in 74%. Minerva wonders whether these hip characteristics are selected for because they facilitate ballet dancing or whether they are caused by it. “The long-term implications of these findings in this group of elite athletes remain unknown” as the *American Journal of Sports Medicine* puts it (2015, doi:10.1177/0363546515601996).

Ballet dancers were at particular risk under the conductor Sir Thomas Beecham (1879-1961). On one famous occasion he took delight in setting such a fast tempo for the pas de quatre in *Swan Lake* that the dancers nearly fell over each other. “That made the buggers hop” he said to the orchestra, quite audibly. But hopping can also have health benefits, according to a report in the *Daily Telegraph* (<http://bit.ly/1JZH6h8>). The Hip Hop study from Loughborough University shows that hopping for two minutes a day improved bone mineral density in the active compared with the non-active leg of 34 men aged 65-80 years.

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