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1- large study found that calcium supplements taken without vitamin D may increase the risk for heart attack by as much as 30%. Researchers reported the finding online July 29 in the *BMJ*, based on their meta-analysis of 15 randomized trials with up to 11,921 participants. Most guidelines for osteoporosis currently recommend the supplements, despite relatively small benefits in bone health, but senior author Dr. Ian R. Reid, from the University of Auckland in New Zealand, said that in most cases, "discontinuation of calcium would seem appropriate." The study raised many questions, such as why calcium could have this effect during a relatively short period of time. Pending further research, some experts advised eating foods high in calcium rather than taking supplementse- A systematic review from Canadian researchers suggests higher chocolate consumption may be associated with a lower risk for incident stroke and stroke-related mortality. The results were released in February in advance of their presentation at the **American Academy of Neurology 62nd Annual Meeting in April**

2- American Diabetes Association publicshed new clinical practice recommendations in December 2009,. The guidelines promote the use of the hemoglobin A1c (A1c) as a faster, easier diagnostic test that could help reduce the number of undiagnosed patients and better identify patients with prediabetes. A1c measures average blood glucose levels for a period of up to 3 months. Previously it was used only to evaluate diabetes control with time, but because it doesn't require fasting, A1c testing will encourage more people to get tested, leading to treatments and lifestyle changes that could prevent the worst effects of the disease, the American Diabetes Association said

3- The advent of better tests — such as prostate-specific antigen (PSA) screening — can in some cases save lives with

early treatment. However, these tests can also pose new dilemmas, as the **American Cancer Society (ACS)** emphasized on March 3 when it updated its prostate cancer screening guidelines. The test picks up benign disease in addition to cancer, and it can't distinguish between aggressive and mild forms of the disease, the ACS pointed out. In some cases, PSA screening has led to expensive and invasive treatments in patients who might never have experienced symptoms. So the ACS is calling on physicians to spend more time counseling patients about their options (despite the difficulty of billing for such counseling).

4- Drug warnings dominated the news in 2010. The most popular news of the year among drug warnings was a repeat **FDA** warning that off-label use of quinine for leg cramps may result in serious and life-threatening hematologic adverse effects.

5- Among other drug alerts, the FDA warned against taking long-acting beta agonists by themselves; that the 80-mg dose of simvastatin is associated with an increased risk for myopathy, including rhabdomyolysis; opioid tramadol is linked to increased suicide risk; bisphosphonates used to treat osteoporosis have a possible increased risk for atypical femur fractures; rosiglitazone was allowed to remain available under a stringent restricted-access program, despite adverse cardiovascular effects; and tigecycline was linked to an increased risk for death in patients with certain severe infections

Abbott Laboratories pulled the obesity drug sibutramine from the market in October in light of clinical trial data pointing to an increased risk for stroke and myocardial infarction. Roughly 100,000 people in the United States were taking sibutramine at the time

6- On January 6, 2010, the American College of Radiology and the Society of

Breast Imaging directly contradicted 2009 recommendations from the USPSTF calling for an end to routine mammography in women younger than 50 years.

For more information: Breast Cancer Resource Center

7- Fingolimod is the first of the long-anticipated oral treatments to receive approval for multiple sclerosis (MS). The drug is approved to reduce relapses and delay disability progression in patients with relapsing forms of MS

8- New research provides the first direct evidence that attention-deficit/hyperactivity disorder (ADHD) is genetic. In a study published online September 30 in *The Lancet*, investigators from the University of Cardiff, United Kingdom, say their findings suggest ADHD should be classified as a neurodevelopmental and not a behavioral disorder.