

# Letzte Seite

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## Wonca Journal Watch

Synopses of articles from the medical literature relevant to family doctors, extracted from family medicine, general and specialist journals.

### Hoarseness: what is the voice trying to tell you?

Most episodes of hoarseness are benign and self limiting. This article describes the causes and management of hoarseness in adults, outlines the features of common causes of voice disturbance in adults, and highlights a number of red flags that should trigger urgent referral. Patients with hoarseness lasting more than 3 weeks require specialist assessment to visualise the larynx.

- Agar NJ, Vallance NA. Hoarseness – What is the voice trying to tell you? Available from: Aust Fam Physician. 2008 May;37(5):300–4. Available from: <http://www.racgp.org.au/afp/200805/24253>

### Cancer screening across the aging continuum

The objectives of this article are to consider what is known about screening for cancer among older adults and to address how this knowledge can be ap-

plied to current clinical practice and to the direction of future research. Screening refers to testing in individuals who have not previously been diagnosed as having a malignancy. However, some consideration is also given to ongoing cancer surveillance, which includes patients who continue to undergo screening procedures (eg, mammography) but have already been diagnosed as having cancer.

- Resnick B, McLeskey SW. Cancer screening across the aging continuum. Am J Manag Care. 2008; 14(5):267–76. Available from: <http://www.ajmc.com/Article.cfm?Menu=1&ID=10302>

### Vertigo: assessment in general practice

This article discusses the assessment of patients with vertigo. The clinical assessment aims to: establish the presence of true vertigo, differentiate between vertigo of central or peripheral origins, and to evaluate the need for urgent investigations and referrals. Peripheral causes of vertigo are more common, but central causes such as transient ischaemic attack or stroke should always be considered and ruled out appropriately. Presence of syncope excludes the peripheral causes of vertigo. Vertigo in the elderly population is likely to be multifactorial and warrants careful evaluation. Online videos of the head impulse test and the Dix-Hallpike manoeuvre are valuable as these tests are of great diagnostic value. Audio-logical testing and neuroimaging can pro-

vide further information to guide patient management.

- Kuo CH, Pang L, Chang R. Vertigo – Part 1 – Assessment in general practice. Aust Fam Physician. 2008;37(5):341–7. Available from: <http://www.racgp.org.au/afp/200805/24254>

### Smoke-free restaurants associated with less smoking initiation

Youths living in towns with a strong restaurant smoking regulation at baseline had significantly lower odds of progressing to established smoking (odds ratio, 0.60) compared with those living in towns with weak regulations. The observed association between strong restaurant smoking regulations and impeded progression to established smoking was entirely due to an effect on the transition from experimentation to established smoking (odds ratio, 0.53). Local smoke-free restaurant laws may significantly lower youth smoking initiation by impeding the progression from cigarette experimentation to established smoking.

- Siegel M, Albers AB, Cheng DM, Hamilton WL, Biener L. Local restaurant smoking regulations and the adolescent smoking initiation process. Arch Pediatr Adolesc Med. 2008;162(5):477–83. Available from: <http://archpedi.ama-assn.org/cgi/content/full/162/5/477>

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