

## 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.

### Fibromyalgia

In the September/October edition of the Bandolier is a series of summaries of systematic reviews of research on the topic of fibromyalgia. The topics covered are:

- **Antidepressants for fibromyalgia:**  
<http://www.medicine.ox.ac.uk/bandolier/booth/painpag/Chronrev/Other/fibroantidep.html>  
Clinical bottom line: Antidepressants work well in a minority of persons with fibromyalgia, but the evidence for this has not been clearly laid out.
- **Amitriptyline for fibromyalgia – 2008 update:**  
<http://www.medicine.ox.ac.uk/bandolier/booth/painpag/Chronrev/Other/amifibro.html>

Clinical bottom line: There is evidence of limited size and quality that amitriptyline 25 mg daily is effective in fibromyalgia.

- **Exercise for fibromyalgia syndrome – 2007 update:**  
<http://www.medicine.ox.ac.uk/bandolier/booth/Arthritis/fibroex.html>  
Clinical bottom line: There is no convincing evidence that exercise for fibromyalgia improves pain.
- **Non-pharmacological treatments for fibromyalgia:**  
<http://www.medicine.ox.ac.uk/bandolier/booth/painpag/Chronrev/Other/nonpharm.html>  
Clinical bottom line: There was no evidence of any beneficial effect. If non-pharmacological interventions are beneficial in fibromyalgia.
- **Hydrotherapy for fibromyalgia:**  
<http://www.medicine.ox.ac.uk/bandolier/booth/painpag/Chronrev/Other/hydro.html>  
Clinical bottom line: The evidence is limited. Some better quality trials hold out some promise, but are insufficiently strong not to be overturned by better quality and larger trials with sensible control groups.

### “I’m sober, Doctor, really”:

#### Best biomarkers for underreported alcohol use

«Biochemical measures can detect acute alcohol intoxication and recent prolonged drinking. Because marker levels return to normal after long-term abstinence, ongoing monitoring can help detect a relapse before a patient admits to it. This article presents 3 cases in which biochemical markers helped prevent alcohol withdrawal in patients who denied alcohol abuse. We discuss why we ordered biochemical tests and which combinations provided highly sensitive results.»

- Spiegel DR, Dhadwal N, Gill F. “I’m sober, Doctor, really”. *Curr Psychiatry* 2008;7(9):15–27. Available from: [http://www.currentpsychiatry.com/pdf/0709/0709CP\\_Article1.pdf](http://www.currentpsychiatry.com/pdf/0709/0709CP_Article1.pdf)

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