

Twenty years of trials underscore strengths, limitations of meds and PCI for non-mi cad

FROM heartwire

March 13, 2009 (boston, Massachusetts)

- The primary use of pci in the setting of non-acute CA, wether by balloons or bare-metal or drug-0 eluting stents (DES) , doesn't affect the risk of subsequent MI or death compared with the initial strategy of medical therapy, suggests a meta-analysis based on 61 randomized trails reported over the past 20 years.

Exercise & CAD

All types of exercise (aerobic, resistance, and their combination) are safe and effective strategies for correcting endothelial dysfunction in patient after a recent myocardial infraction, according to the results of randomized controlled trail reported in the march 16 online first issue of circulation. In coronary artery disease, exercise training (ET) is associated with an improvement in endothelial function, but little in known about the relative effect of different types of training. "write M.Vona, MD, from Clinique Valmont-genoliar, Glion-sur-montreux in Switzerland, and colleagues. "March 16 online first issue of circulation.

HPV and cervical cancer

Snakaranarayanan et. Al. reported the results of a randomized clinical trail of screening for cervical cancer involving more than 130000 women in india. The authors conclusively showed that a single round of of screening for himan

papillomavirus (HPV) dramatically reduced the incidence of advanced cervical cancer and cervical cancer mortality within 8 years far more than a single conventional cytologic test or visual inspection of the cervix with acetic acid (VIA). The implications of the findings of this trail are immediate and findings of this trial are immediate and global: international experts in cervical-cancer prevention should now adapt HPV testing for widespread implementation. Low – resource countries don't need to establish large cytologic- testing (papanicolaou) programs whose effectiveness requires repeated screening. VIA that is performed by health workers, the least expensive but least accurate option, may reduce mortality slightly (NEJM april 2, 2009)

Percutaneous coronary interventions versus coronary artery bypass grafting for severe coronary artery disease

CABG remains the standard of care for patients with three- vessel or left main coronary artery disease, since the use of CABG. As compared with PCI , resulted in lower rates of the combined end point of major adverse cardiac or cerebrovascular events at 1 year (nejm.org march 5, 2009).

Medical therapy versus coronary intervention in NSTEMI

Sequential innovations in the catheter based treatment of non-acute coronary artery disease showed no evidence of an effect on death or myocardial infraction when compared with medical therapy. These results lend support to present recommendations to optimize medical therapy as an initial management strategy in patients with this disease. (Lancet)

CT colonography & colonic tumor

CT colonographic screening identified 90% of subjects with adenomas or cancers measuring 10 mm or more in diameter. These findings augment published data on the role of CT colonography in screening patients with an average risk of colorectal cancer. N engl j med 359;12 www.nemj.org september 18, 2008.