

AFP Clinical Answers

Hypertension, Pertussis, Splenomegaly, Breast Cancer, SGLT2 Inhibitors, Blood Pressure

How do hydrochlorothiazide and chlorthalidone compare in managing hypertension?

Chlorthalidone reduces systolic blood pressure (SBP) by 10 mm Hg more than hydrochlorothiazide at equal dosages (12.5 mg to 25 mg per day) in patients using monotherapy. Low-dose chlorthalidone (6.25 mg per day) and controlled-release hydrochlorothiazide (12.5 mg per day; not currently available in the United States) reduce 24-hour ambulatory SBP and diastolic blood pressure, whereas immediate-release hydrochlorothiazide (12.5 mg per day) may only reduce daytime SBP.

<https://www.aafp.org/afp/2021/0800/p203.html>

When should antibiotics be prescribed for pertussis prophylaxis?

Consider azithromycin (Zithromax) for prophylaxis within 21 days of exposure for any of the following: household contacts of patients with pertussis, those exposed to pertussis who are at high risk of severe illness, or those in close contact with someone at high risk.

<https://www.aafp.org/afp/2021/0800/p186.html>

What is the first-line imaging study for diagnosis of splenomegaly?

Abdominal ultrasonography is the first-line imaging study suggested to confirm a suspected diagnosis of splenomegaly.

<https://www.aafp.org/afp/2021/0900/p271.html>

What medications are recommended in patients with bony metastases from advanced breast cancer?

Patients with advanced breast cancer and bone metastases should be offered treatment with

denosumab (Prolia) or bisphosphonates such as zoledronic acid (Reclast) or pamidronate (Aredia) to reduce the risk of fractures and hypercalcemia.

<https://www.aafp.org/afp/2021/0800/p171.html>

Do SGLT2 inhibitors improve mortality, cardiovascular outcomes, and renal outcomes in patients without diabetes mellitus?

According to a meta-analysis of eight studies, sodium-glucose cotransporter-2 (SGLT2) inhibitors (medications ending in -flozin, such as canagliflozin [Invokana], dapagliflozin [Farxiga], empagliflozin [Jardiance], and ertugliflozin [Steglatro]) reduce all-cause and cardiovascular mortality, reduce hospitalization for heart failure, and reduce progression of renal disease in patients with or without diabetes mellitus.

<https://www.aafp.org/afp/2021/0515/p630a.html>

How can home blood pressure monitoring be used to diagnose hypertension?

To diagnose hypertension based on readings from a home blood pressure monitor, patients should obtain two measurements separated by at least one minute twice per day. Patients should be instructed to record their readings over the course of three (minimum) to seven (ideal) days. These readings should then be averaged.

<https://www.aafp.org/afp/2021/0900/p237.html>

Tip for Using AFP at the Point of Care

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