

AFP Clinical Answers

Esophageal Cancer, Uterine Bleeding, HIV, Bariatric Surgery and Pregnancy, Venous Thromboembolism, Renal Colic

Are patients with nonerosive gastroesophageal reflux disease at an increased risk of esophageal cancer compared with the average population?

A prospective cohort study followed more than 480,000 patients in Scandinavia for 32 years after undergoing endoscopy and found that nonerosive gastroesophageal reflux disease does not increase the likelihood of esophageal cancer. However, erosive gastroesophageal reflux disease is associated with a doubled, but still low, risk of developing cancer, with the likelihood increasing over time.

POEMs: No Increased Risk of Esophageal Cancer With Nonerosive Gastroesophageal Reflux; January 2024

What should be included when counseling individuals who desire a levonorgestrel intrauterine device?

Approximately 35% of patients with a levonorgestrel intrauterine device will experience frequent or prolonged bleeding in the first 3 months after insertion, but systematic reviews have shown that most patients will experience a reduction in bleeding within 12 months of use.

Abnormal Uterine Bleeding Associated With Hormonal Contraception; February 2024

What is the risk of sexually transmitting HIV when viral loads are less than 1,000 copies per mL?

A systematic review of eight studies of more than 7,000 HIV-discordant couples across 25 countries found that when the viral load was less than 1,000 copies per mL, there was nearly no chance of sexual transmission.

POEMs: Nearly Zero Risk of Sexually Transmitting HIV When Viral Loads Are Less Than 1,000 Copies per mL; December 2023

How long should patients wait to become pregnant after undergoing bariatric surgery?

Practice guidelines from multiple organizations recommend avoiding pregnancy for 12 to 24 months because this is the period of most rapid weight loss and potential nutritional deficiencies.

Preconception Counseling and Care; December 2023

Which hospitalized patients should receive prophylaxis to prevent venous thromboembolism?

Prophylaxis is recommended for all hospitalized patients to reduce the risk of deep venous thrombosis, pulmonary embolism, and death from any cause, except for patients classified as low risk by a clinical prediction score.

Managing Selected Chronic Conditions in Hospitalized Patients; February 2024

Which agents are most effective in relieving pain in adults with renal colic?

In a network meta-analysis, acetaminophen and ketorolac were more effective than morphine in alleviating pain and were less likely to cause adverse effects and a need for rescue analgesia.

POEMs: Acetaminophen and Ketorolac Are More Effective Than Morphine in Alleviating Pain in Adults With Renal Colic; February 2024

Tip for Using AFP at the Point of Care

Are you looking for more POEMs? You can find AFP's collection of POEMs at <https://www.aafp.org/afp/poems>. All department collections are available at <http://www.aafp.org/afp/departments>.

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