

AFP Clinical Answers

Diabetes, Vocal Cord Dysfunction, Periodontal Disease, Light Therapy, and More

What is the preferred medication for diabetes mellitus management in patients with end-stage renal disease?

Insulin is preferred for most patients who require medication. When the estimated glomerular filtration rate falls below 30 mL per minute per 1.73 m², many diabetes medications, including metformin, are contraindicated.

<https://www.aafp.org/afp/2021/1100/p493.html>

What tests are performed in the diagnostic workup for vocal cord dysfunction?

The diagnostic workup for vocal cord dysfunction includes nasolaryngoscopy and pulmonary function testing (with provocative exercise and possibly methacholine).

<https://www.aafp.org/afp/2021/1100/p471.html>

Does periodontal disease contribute to the development of other diseases?

Researchers in the United Kingdom found that patients with a documented diagnosis of periodontal disease were more likely than those without to have additional chronic diseases, including cardiovascular disease, autoimmune disease, and mental illness. This serves as a reminder that family physicians care for the entire person, including their oral health, and should encourage regular dental care.

<https://afpjournal.blogspot.com/2022/01/does-periodontal-disease-contribute-to.html>

Does light therapy decrease depression in older adults with seasonal depression?

Based on two systematic reviews and meta-analyses, light therapy appears to be mildly effective in treating depression in older adults, but the ideal wavelength, intensity, and length of

treatment are unknown. Bright white light exposure in the mornings for less than 60 minutes may be most effective.

<https://www.aafp.org/afp/2021/1000/p417.html>

Are oral antibiotics adequate treatment for septic arthritis?

Oral antibiotics are not inferior to intravenous antibiotics for the treatment of septic arthritis, according to a study evaluating six weeks of therapy started within one week of surgery or treatment with intravenous antibiotics.

<https://www.aafp.org/afp/2021/1200/p589.html>

Should oral anticoagulation and antiplatelet therapies be discontinued before routine dental cleaning and tooth extractions?

For simple cleanings or single tooth extractions, it is reasonable to continue oral anticoagulation and antiplatelet therapies at therapeutic doses.

<https://www.aafp.org/afp/2021/1100/p476.html>

Can ultrasonography be used for the diagnosis of pneumonia in children?

Chest ultrasonography can be used in place of chest radiography for accurate diagnosis of pneumonia in children.

<https://www.aafp.org/afp/2021/1200/p618.html>

Tip for Using AFP at the Point of Care

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