

# AFP Clinical Answers

## Smoking Cessation, Stomatitis, Parathyroidectomy, Antibiotics for COVID-19, Heart Murmurs, Fractures

### **Which behavioral interventions help people quit smoking, and what factors influence how successful they are?**

Individual or group counseling, guaranteed financial incentives, and text message-based counseling provide the greatest benefit to people trying to quit smoking. Population characteristics do not consistently affect the success of these interventions. Any of the interventions provide additional benefit even when smoking cessation pharmacotherapy is prescribed.

Behavioral Interventions for Smoking Cessation;  
February 2022

### **What are the available treatment options for aphthous stomatitis?**

Aphthous stomatitis may be treated with topical corticosteroids (gel or rinse) or, less commonly, intralesional corticosteroids.

Common Oral Lesions; April 2022

### **What are indications for parathyroidectomy in patients with primary hyperparathyroidism?**

Parathyroidectomy is indicated for those with symptoms, significant renal impairment, osteoporosis, or serum calcium level more than 1 mg per dL (0.25 mmol per L) above the upper limit of normal.

Parathyroid Disorders; March 2022

### **Is azithromycin effective in treating patients with COVID-19?**

According to a Cochrane review, azithromycin (Zithromax) is the most consistently studied antibiotic for treating patients infected with the SARS-CoV-2 virus; it does not improve mortality after 28 days or affect the clinical course for adults who are hospitalized with COVID-19. In outpatient adults with asymptomatic or mild COVID-19,

azithromycin does not reduce mortality, risk of hospitalization, or disease progression.

Antibiotics for the Treatment of COVID-19;  
March 2022

### **What is the first step in the evaluation of a heart murmur in an infant?**

When history or examination findings suggest a pathologic murmur in an infant, consultation with pediatric cardiology is indicated as a first step instead of echocardiography or other testing. Studies show that echocardiography can diagnose critical congenital heart disease; however, cost assessments support the approach of referral first instead of echocardiography.

Heart Murmurs in Children; March 2022

### **In nonoperative management of scaphoid fractures, does using a thumb spica cast lead to superior outcomes?**

The type of cast used does not affect outcomes. A short arm cast allows the patient to have better function and mobility during immobilization without compromising the healing process. Thumb spica casts are no better than casts that do not include the thumb in fracture healing rates or long-term improvement in range of motion, strength, or pain.

Thumb Spica Casts for Scaphoid Fractures;  
March 2022

#### **Tip for Using AFP at the Point of Care**

**Looking for more information about parathyroid disorders?** You can find more in AFP's Thyroid and Parathyroid Disorders collection at <https://www.aafp.org/pubs/afp/topics/by-topic.thyroid-and-parathyroid-disorders.html>. Check out more than 70 other collections in AFP By Topic at <https://www.aafp.org/pubs/afp/topics.html>.

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