

# AFP Clinical Answers

## Panic Disorder, Acne Vulgaris, UTI in Children, Travelers Diarrhea, Exercise During Pregnancy, Insect Stings

### Is treatment with medication effective for patients with panic disorder?

In a meta-analysis of studies of short duration on benzodiazepines, tricyclic antidepressants, and selective serotonin reuptake inhibitors, all were effective, but serotonin reuptake inhibitors showed the best balance of effectiveness vs. risk.

POEMS; June 2022

### What is the best topical treatment for patients with mild to moderate acne vulgaris?

For patients with mild to moderate acne, a network meta-analysis suggests starting with adapalene/benzoyl peroxide (Epiduo), clindamycin/benzoyl peroxide (Neuac), or adapalene (Differin) alone. Patients who do not tolerate either combination containing benzoyl peroxide are likely to tolerate adapalene alone.

POEMS; June 2022

### Is a urine collection bag specimen sufficient to diagnose a urinary tract infection (UTI) in infants and children?

In infants and children, the presence of leukocyte esterase or nitrites in a urine collection bag urinalysis requires follow-up urinalysis using clean urine collection by urethral catheterization or suprapubic aspiration.

Office-Based Urinalysis: A Comprehensive Review; July 2022

### What treatments are recommended for moderate to severe cases of travelers diarrhea?

Empiric antibiotics, which typically include a fluoroquinolone or macrolide for one or three

days, can lessen the duration and severity of symptoms in moderate to severe cases of travelers diarrhea. When using antibiotics for travelers diarrhea, adjunct loperamide shortens the duration of symptoms and increases the likelihood of a cure.

Acute Diarrhea in Adults; July 2022

### Does exercise during pregnancy decrease the risk of developing hypertensive disorders of pregnancy?

Yes. Aerobic exercise regimens initiated early in pregnancy and performed for at least 30 minutes three to four times per week reduce a patient's risk of developing hypertensive disorders of pregnancy.

FPIN's Clinical Inquiries; July 2022

### What testing should be done in patients with a history of a systemic reaction to an insect sting?

Patients with a history of a systemic reaction to an insect sting should be evaluated with skin testing and, if positive, treated with venom immunotherapy to decrease the risk of recurrent reactions.

Arthropod Bites and Stings; August 2022

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

Do you need to refresh your procedural skills? The AFP video collection includes short, instructional videos that have accompanied AFP articles or were submitted as freestanding videos. All videos are peer-reviewed. Available at: <https://www.aafp.org/pubs/afp/multimedia/videos.html>.

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