

AFP Clinical Answers

Oral Contraceptives During Breastfeeding, Hyperprolactinemia, Tonsillectomy, Anal Cancer, Postinflammatory Hyperpigmentation

What is the preferred oral contraceptive during breastfeeding?

Progestin-only contraceptives are preferred to combination oral contraceptives during breastfeeding. The estrogen in oral contraceptives does not affect the composition of breast milk or infant growth and development but may decrease milk production. Combination oral contraceptives should be avoided for at least three weeks postpartum because of the increased thrombotic risk.

Medication Safety in Breastfeeding; December 2022

What is the preferred treatment for hyperprolactinemia due to a prolactinoma?

Dopamine agonists are first-line therapy for hyperprolactinemia. Cabergoline is preferred because it has been shown to more effectively lower prolactin levels and decrease tumor size. Dopamine agonist therapy should be continued for at least two years, after which tapered discontinuation may be attempted if prolactin levels have normalized and tumor size is significantly reduced.

Galactorrhea: Rapid Evidence Review; December 2022

When should tonsillectomy be considered for those with recurrent tonsillitis?

Watchful waiting is typically preferred over tonsillectomy for recurrent tonsillitis if there have been less than seven episodes in the past year, less than five episodes per year in the past two years, or less than three episodes per year in the past three years.

Tonsillitis and Tonsilloliths: Diagnosis and Management; January 2023

Does early treatment of screen-detected anal high-grade squamous intraepithelial lesions in patients with HIV reduce risk of progression to invasive anal cancer?

In a large randomized controlled trial, immediate treatment of screen-detected anal high-grade squamous intraepithelial lesions reduced the likelihood of progression to invasive anal cancer compared with active surveillance (number needed to treat = 111 over 26 months). The study was not powered to detect a reduction in mortality.

POEM: Early Treatment of Screen-Detected Anal High-Grade Squamous Intraepithelial Lesions Reduces Progression to Cancer; November 2022

What is the preferred initial treatment for postinflammatory hyperpigmentation?

First-line topical therapies for postinflammatory hyperpigmentation include hydroquinone 4% and triple combination therapy with fluocinolone 0.01%/hydroquinone 4%/tretinoin 0.05% (Tri-Luma). This triple combination therapy is more effective but more costly than hydroquinone alone.

Common Dermatologic Conditions in Skin of Color; January 2023

Tip for Using AFP at the Point of Care

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