

AFP Clinical Answers

Acute Otitis Externa, Fibromyalgia, Major Depressive Disorder, Hyperkalemia, Osteoporosis, Corticosteroids During Pregnancy, Trigger Point Pain

When should systemic antibiotics be considered for treatment of acute otitis externa?

Systemic antibiotics should be used only if the infection has spread beyond the ear canal or in patients at high risk of worsening infection, such as those who are immunocompromised or have uncontrolled diabetes mellitus.

Acute Otitis Externa; February 2023

What medications may be helpful in the treatment of fibromyalgia pain?

Amitriptyline, cyclobenzaprine, duloxetine (Cymbalta), milnacipran (Savella), and pregabalin (Lyrica) are effective for pain in fibromyalgia.

Fibromyalgia; February 2023

Is pharmacogenomic-guided antidepressant treatment beneficial in the management of major depressive disorder in adults?

Based on a randomized controlled trial of 1,944 patients, pharmacogenomic testing for drug-gene interactions in adults with major depressive disorder resulted in reduced prescribing of medications with potential drug-gene interactions. However, there was no significant difference in symptom remission rates between the gene-tested group and the usual care group at six months.

POEMs; January 2023

Which oral potassium binders can be considered for initial treatment of hyperkalemia?

Patiromer (Veltassa) or sodium zirconium cyclosilicate (Lokelma) is preferred to sodium

polystyrene sulfonate in patients with chronic hyperkalemia due to higher efficacy and lower risk of serious adverse effects.

Potassium Disorders; January 2023

How long should a patient with osteoporosis take bisphosphonates?

A drug holiday should be considered in patients who have received oral bisphosphonate therapy for five years or intravenous bisphosphonate therapy for three years.

Osteoporosis; March 2023

Are topical corticosteroids safe during pregnancy?

Low- to midpotency topical corticosteroids are not associated with adverse pregnancy outcomes.

Skin Conditions During Pregnancy; February 2023

What initial steps can be considered for management of trigger point pain?

Massage and physical therapy should be considered as less invasive first-line treatments for trigger point pain. The routine use of trigger point injections is not supported by clinical trials.

Trigger Point Management; February 2023

Tip for Using AFP at the Point of Care

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

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