

AFP Clinical Answers

Glaucoma, *H. pylori*, PTSD, Diabetic Peripheral Neuropathy, PCOS, Foot Orthoses

What treatments are recommended for primary open-angle glaucoma?

Reducing intraocular pressure is the only treatment proven to stop or slow the progression of vision loss in primary open-angle glaucoma. Topical medications are the most common treatment. Selective laser trabeculoplasty is another first-line treatment for primary open-angle glaucoma.

Glaucoma: Diagnosis and Management; March 2023

What is the preferred treatment for *Helicobacter pylori* infection?

Bismuth quadruple therapy (proton pump inhibitor, bismuth, tetracycline, and metronidazole [Flagyl] or tinidazole) or concomitant therapy (nonbismuth quadruple therapy: proton pump inhibitor, clarithromycin, amoxicillin, and metronidazole or tinidazole) is the recommended first-line treatment for *H. pylori* infection. These regimens have similar eradication rates of up to 90%.

Peptic Ulcer Disease and *H. pylori* Infection: Common Questions and Answers; February 2023

What treatment is recommended for hyperarousal or nightmares in patients with posttraumatic stress disorder (PTSD)?

Consider using prazosin for nighttime trauma-related nightmares in patients with PTSD.

Posttraumatic Stress Disorder: Evaluation and Treatment; March 2023

What medical treatments are effective in decreasing pain from diabetic peripheral neuropathy?

In a randomized controlled trial, 130 adults with painful diabetic peripheral neuropathy had similar degrees of improvement with monotherapy

using amitriptyline, duloxetine, and pregabalin. There was even greater improvement with subsequent combination therapy regardless of the initial choice of medication.

POEMs: Amitriptyline, Duloxetine, and Pregabalin Each Effective in Decreasing Pain From Diabetic Peripheral Neuropathy; March 2023

What initial treatment for menstrual cycle irregularity is recommended for patients with polycystic ovary syndrome (PCOS) who do not want to become pregnant?

Hormonal contraception (e.g., oral contraceptives) should be used as the initial treatment for menstrual cycle irregularity, hirsutism, and acne in patients with PCOS who do not want to become pregnant.

Polycystic Ovary Syndrome: Common Questions and Answers; March 2023

Does treatment with customized or prefabricated foot orthoses improve pain, function, or quality-of-life scores in children with flat feet (pes planus)?

Customized or prefabricated foot orthoses do not result in significant improvements in pain, function, or parent and child quality-of-life scores. Further targeted studies are needed to identify the clinical utility of foot orthoses in children with flat feet that are associated with underlying conditions.

Cochrane: Foot Orthoses for Treating Flat Feet in Children; March 2023

Tip for Using AFP at the Point of Care

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