

AFP Clinical Answers

Menopause, Benign Prostatic Hypertrophy, Tuberculosis, Infertility, Child Eye Conditions

What treatment options are available for vasomotor symptoms associated with menopause?

Estrogen-containing systemic hormone therapy is an effective treatment for vasomotor symptoms (i.e., hot flashes and night sweats). Physicians should prescribe the lowest effective dose for the shortest duration necessary to improve symptoms because of the potential risks of long-term use of hormone therapy. Nonhormonal medications, including selective serotonin reuptake inhibitors, serotonin-norepinephrine reuptake inhibitors, fezolinetant (Veoza), gabapentin, clonidine, and oxybutynin, are reasonable alternatives.

Managing Menopausal Symptoms: Common Questions and Answers; July 2023

Which nonpharmacologic treatments are recommended for lower urinary tract symptoms due to benign prostatic hypertrophy?

Limiting evening fluid intake, reducing caffeine and alcohol intake, toilet and bladder training, sitting to urinate, urethral milking, double voiding, bladder retraining, pelvic floor exercises, and mindfulness techniques are recommended to improve symptoms.

Benign Prostatic Hyperplasia: Rapid Evidence Review; June 2023

What test should be used to screen for tuberculosis in people at risk?

Interferon-gamma release assay (IGRA) and tuberculin skin testing (TST) are the preferred methods of testing for tuberculosis in people at risk. Advantages of IGRA testing include no requirement for a follow-up visit to interpret results and greater sensitivity and specificity. Disadvantages of IGRA testing include cost, and it is not recommended for use in children younger than two years. Advantages of TST include less expense and no need for a laboratory. Disadvantages include the need for more than one visit,

trained staff to complete testing, and lower specificity and sensitivity.

Tuberculosis; September 2022

What is the preferred treatment for latent tuberculosis infection?

Preferred treatment regimens for latent tuberculosis infection are three to four months in duration and include isoniazid plus rifapentine (Priftin), rifampin alone, or isoniazid plus rifampin.

Tuberculosis; September 2022

When should you initiate a medical evaluation for infertility?

For female patients younger than 35 years, begin evaluation after 12 months of regular, unprotected intercourse. For females between 35 and 40 years of age, begin evaluation after six months. Immediate evaluation is recommended for female patients older than 40 years or in those with risk factors for infertility (e.g., history of endometriosis).

Infertility; June 2023

How often should you screen children for eye conditions?

The U.S. Preventive Services Task Force and the American Academy of Family Physicians recommend screening children between three and five years of age at least once for amblyopia or its risk factors to improve visual acuity.

Childhood Eye Examination; July 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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