

# AFP Clinical Answers

## Pelvic Pain, Food Allergies, Thyroid Disease, Mpox, Chronic Fatigue Syndrome, Alloimmunization

### What is the best initial imaging test in women with acute pelvic pain?

Consensus guidelines recommend starting with transvaginal ultrasonography for pregnant and nonpregnant patients whose pelvic pain is likely from a gynecologic source. If the patient is not pregnant and a gastrointestinal cause is suspected, perform a computed tomography scan of the abdomen and pelvis with intravenous contrast. Ultrasonography should be considered a low-risk first imaging modality to evaluate for possible appendicitis.

**Evaluation of Acute Pelvic Pain in Women; August 2023**

### How can the risk of food allergies in children be decreased?

Early introduction of peanuts, wheat, cooked eggs, and cow's milk between four and six months of age decreases the risk of developing food allergies.

**Food Allergies: Diagnosis, Treatment, and Prevention; August 2023**

### Does a gluten-free diet reduce symptoms of autoimmune thyroid disease?

There is no evidence that following a gluten-free diet reduces symptoms of autoimmune thyroid disease; however, following a gluten-free diet may decrease mean thyroid-stimulating hormone levels.

**FPIN's Help Desk Answers: Gluten-Free Diets and Autoimmune Thyroid Disease; July 2023**

### Should prophylaxis be offered to a patient potentially exposed to mpox?

Two vaccines are available for postexposure prophylaxis: Jynneos (smallpox and mpox live vaccine, nonreplicating) and ACAM2000 (smallpox live vaccine). ACAM2000 is contraindicated in people with HIV, other immunocompromising

condition, or eczema and in those who are pregnant. Ideally, the first dose of the vaccine should be administered within four days of exposure but can be administered up to 14 days after exposure.

**Mpox: Rapid Evidence Review; July 2023**

### How is myalgic encephalomyelitis/chronic fatigue syndrome diagnosed?

Use the National Academy of Medicine Criteria to diagnose myalgic encephalomyelitis/chronic fatigue syndrome. The criteria require experiencing the core symptoms (postexertional malaise, profound fatigue, and unrefreshing sleep) at least 50% of the time over six months and a cognitive impairment or orthostatic intolerance.

**Fatigue in Adults; July 2023**

### How should alloimmunization be prevented in pregnant patients who are RhD-negative?

In patients who are RhD-negative carrying a fetus who is RhD-positive, administer Rh<sub>0</sub>(D) immune globulin to decrease the risk of alloimmunization. The American College of Obstetricians and Gynecologists recommends a 300-mcg dose of anti-D immune globulin at 28 weeks' gestation for RhD-negative patients and again within 72 hours of delivery for patients whose newborn is RhD-positive.

**Prenatal Care: An Evidence-Based Approach; August 2023**

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

Do you need to refresh your procedural skills? The AFP YouTube Channel includes short, educational videos that have accompanied AFP articles or were submitted as freestanding videos. All videos are peer-reviewed. Available at: <https://www.youtube.com/user/AFPJournal>.

A collection of AFP Clinical Answers is available at <https://www.aafp.org/afp/answers>.