

# AFP Clinical Answers

## Ischemic Heart Disease, Hearing Screening, Olfactory Dysfunction, Gestational Diabetes, More

### **For patients with moderate to severe reversible ischemic heart disease, does adding an initial invasive strategy to medical therapy reduce mortality more than medical therapy alone?**

Based on a large, randomized controlled trial, an early invasive strategy for patients with moderate to severe ischemic heart disease does not reduce mortality; at best, it shifts mortality from cardiovascular to noncardiovascular causes for those with multivessel disease.

**POEMs: Early Invasive Strategy Does Not Reduce Mortality for Moderate to Severe Ischemic Heart Disease After 5.8 Years;**  
August 2023

### **How often should children be screened for hearing impairment according to guidelines?**

The American Academy of Pediatrics Bright Futures guideline recommends universal hearing screening at birth; four, five, six, eight, and 10 years of age; and once between 11 and 14, 15 and 17, and 18 and 21 years of age.

**Speech and Language Delay in Children;**  
August 2023

### **What can you offer patients distressed by olfactory dysfunction?**

Evidence from systematic reviews and meta-analyses shows that olfactory training (self-administered mindful exposure therapy) may improve olfactory function.

**Smell and Taste Disorders in Primary Care;**  
September 2023

### **What treatments should be offered for patients diagnosed with gestational diabetes mellitus?**

Practice guidelines recommend starting with glucose monitoring and education on nutrition and exercise. Although insulin is the preferred

medication for treating gestational diabetes due to long-term evidence of safety, metformin may also be considered because of its improved perinatal outcomes compared with insulin after discussing risks and uncertainties. Glyburide can be considered as a third-line option.

**Gestational Diabetes Mellitus: Update on Screening, Diagnosis, and Management;**  
September 2023

### **Is letrozole superior to clomiphene for infertility treatment for individuals with polycystic ovary syndrome?**

A meta-analysis of randomized controlled trials showed that for individuals with polycystic ovary syndrome, treatment of infertility with letrozole compared with clomiphene resulted in a higher rate of ovulation induction, more pregnancies, and more live births. The conclusions are less than certain due to the high risk of bias in some studies.

**POEMs: Letrozole More Effective Than Clomiphene for Infertility Treatment Among Individuals With Polycystic Ovary Syndrome;**  
August 2023

### **Can peripartum depression be prevented?**

The U.S. Preventive Services Task Force recommends referring pregnant patients at risk of peripartum depression for psychotherapy (cognitive behavior therapy or interpersonal psychotherapy). Therapy can reduce the risk of developing peripartum depression by 39%.

**Peripartum Depression: Detection and Treatment;**  
September 2023

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

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