

AFP Clinical Answers

Rhinosinusitis, Undescended Testicle, Hypertension, Hyperglycemia, Benzodiazepine Tapers, Antihistamines During Pregnancy

What is the first-line treatment for chronic rhinosinusitis?

Consistent evidence from randomized controlled trials shows that intranasal saline irrigation and intranasal corticosteroids improve sinonasal symptoms in patients with chronic rhinosinusitis.

Chronic Rhinosinusitis; October 2023

When should a child with cryptorchidism (undescended testicle) be referred to a urologist?

Referral for surgical consultation is recommended by six months of age or at the time of diagnosis in older patients.

Cryptorchidism (Undescended Testicle); October 2023

Is there a difference in the rate of major adverse cardiovascular events when comparing chlorthalidone with hydrochlorothiazide to treat hypertension?

According to a trial of more than 13,000 patients, both medications are effective, and there is no difference in cardiovascular outcomes when hydrochlorothiazide is compared with chlorthalidone. There is a slightly higher risk of hypokalemia with chlorthalidone.

POEMs: Chlorthalidone No Better Than Hydrochlorothiazide for Hypertension; September 2023

What are the effects of intra-articular steroid injections on hyperglycemia in patients with diabetes mellitus?

In patients with well-controlled type 2 diabetes, blood glucose levels may reach peak values of 165 to 500 mg per dL (9.16 to 27.75 mmol per L) at two to 84 hours after intra-articular steroid injections

and return to baseline in 18 hours to 21 days. Patients with poorly controlled diabetes should be informed of the potential risk of transient hyperglycemia following an intra-articular steroid injection and should closely monitor glucose levels, particularly for one to three days after injection.

FPIN's Clinical Inquiries: Effect of Steroid Injections on Blood Glucose Level; September 2023

How can you increase deprescribing rates while overseeing a benzodiazepine taper?

Cognitive behavior therapy with gradual tapering may increase success rates of deprescribing compared with tapering alone. Consider adjunct pharmacotherapy using tricyclic antidepressants, paroxetine, carbamazepine, or pregabalin (Lyrica) to facilitate benzodiazepine tapering and reduce withdrawal symptoms.

Benzodiazepine Use Disorder: Common Questions and Answers; September 2023

Is it safe to use antihistamines during pregnancy?

Consistent evidence from case-control and cohort studies shows that first- and second-generation antihistamines are safe to use throughout pregnancy.

Over-the-Counter Medications in Pregnancy; October 2023

Tip for Using AFP at the Point of Care

Looking for an algorithm? Go to the *AFP* algorithm collection at <https://www.aafp.org/afp/algorithms>. You can use the filters to sort by discipline or topic.

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