

SGLT-2 for Diabetes, Biliary Pain, Depression in Adolescents, Intermittent Catheterization, Labor Induction, Umbilical Hernias, Multivitamins

When should you recommend a sodium-glucose cotransporter-2 inhibitor (SGLT-2) for a patient with diabetes?

Coexisting diabetes and arteriosclerotic heart disease, chronic kidney disease, microalbuminuria, or heart failure are indications to recommend an SGLT-2 inhibitor.

Read more: Management of Type 2 Diabetes Mellitus With Noninsulin Pharmacotherapy; April 2024

What is an effective method of pain control for biliary colic and acute cholecystitis?

Nonsteroidal anti-inflammatory drugs are safe and effective for relieving pain from biliary colic and acute cholecystitis. A 2016 Cochrane review showed nonsteroidal anti-inflammatory drugs provide greater relief of biliary pain compared with placebo and antispasmodics, with no difference in pain control compared with opiates.

Read more: Gallstone Disease: Common Questions and Answers; June 2024

Is bupropion a safe and effective antidepressant for adolescents 12 to 20 years of age?

Retrospective studies showed bupropion is an effective therapy for adolescents with major depressive disorder. Bupropion may decrease rates of hospitalizations for depression and medication discontinuation. There is an increased risk of overdose and seizures up to 24 hours after dosing. Bupropion may be an option for adolescents with major depressive disorder, excluding those at increased risk of suicide, seizures, or eating disorders.

Read more: Bupropion for Depression in Adolescents [FPIN's Clinical Inquiries]; July 2024

What types of catheters are recommended for intermittent catheterization?

Hydrophilic-coated catheters are recommended for intermittent catheterization in appropriate cases because they decrease urethral microtrauma and risk of urinary tract infections compared with nonhydrophilic catheters.

Read more: Urinary Catheter Management; September 2024

When is induction of labor recommended in late-term or postterm pregnancy?

Labor induction should be considered at 41 weeks' gestation and is recommended at 42 weeks' gestation to reduce perinatal morbidity and mortality compared with expectant management.

Read more: Management of Late-Term and Postterm Pregnancy; October 2024

By what age are umbilical hernias in children likely to spontaneously close?

In a cohort study that included 4,486 children diagnosed with umbilical hernias, 89% of the hernias spontaneously closed by 5 years of age, regardless of size.

Read more: 89% of Umbilical Hernias Spontaneously Close by 5 Years of Age [POEMs]; October 2024

Does regular dietary supplementation with multivitamins reduce the risk of premature mortality?

In a 2022 update, the US Preventive Services Task Force found insufficient evidence to assess the benefits and harms for use of multivitamin supplements (I statement). A government-funded cohort study with 390,124 participants followed up to 27 years found no reduction in cardiovascular, cancer, cerebrovascular, or all-cause mortality from regular multivitamin use.

Read more: Regular Multivitamin Use Is Not Associated With a Mortality Benefit [POEMs]; November 2024

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 free-standing videos. All videos are peer-reviewed. Available at: <https://www.aafp.org/afp/videos.html>.

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