

Research

Mindfulness-Based Stress Reduction in Chronic Low Back Pain 1240

In a randomized trial involving 342 adults with chronic low back pain, Cherkin and colleagues evaluated the effectiveness of mindfulness-based stress reduction—an intervention that focuses on awareness and acceptance of moment-to-moment physical discomfort—compared with cognitive behavioral therapy and usual medical care. The authors found that compared with usual care, 8 weekly treatments involving either mindfulness-based stress reduction or cognitive behavioral therapy resulted in greater improvement in back pain and functional limitations at 26 weeks. In an Editorial, Goyal and Haythornthwaite discuss mind-body approaches for chronic back pain.

Editorial 1236

Author Video Interview jama.com Continuing Medical Education jamanetworkcme.com

Metal vs Plastic Stents for Benign Biliary Strictures 1250



Parallel endoscopic placement of multiple plastic stents—necessitating multiple endoscopic retrograde cholangiopancreatography procedures (ERCPs)—is the first-line treatment for most benign biliary strictures. Preliminary studies suggest that placement of a single, covered, self-expandable metallic stent (cSEMS) may resolve benign biliary strictures and would require fewer ERCPs to treat a stricture.

In a multicenter open-label randomized trial involving 112 patients with treatment-naive benign biliary strictures and a bile duct diameter of 6 mm or more, Coté and colleagues found that cSEMS were not inferior to multiple plastic stents in achieving stricture resolution after 12 months.

Antibiotic Exposure in Infancy and Weight Gain in Childhood 1258

Antibiotic exposure in early life is associated with increased adiposity in animal models. In a retrospective longitudinal study of 38 522 singleton children and 92 twin pairs (discordant in antibiotic exposure), Gerber and colleagues assessed the association between early life antibiotic exposure and childhood weight gain. The authors report that compared with no exposure, exposure to antibiotics in the first 6 months of life was not associated with a significant difference in weight gain through age 7 years.

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Editor in Chief
Howard Bauchner, MD

132 YEARS
OF CONTINUOUS
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Research (continued)

Effect of Sulindac and Erlotinib on Duodenal Neoplasia 1266

Among patients with familial adenomatous polyposis who have undergone colectomy, duodenal adenocarcinoma is the leading cause of cancer death. Based on findings in a mouse model of familial adenomatous polyposis, Samadder and colleagues hypothesized that a combination of cyclooxygenase and epidermal growth factor receptor inhibition would reduce duodenal adenoma formation in this patient population. In a randomized trial that enrolled 92 patients with familial adenomatous polyposis, the investigators found that compared with placebo, use of sulindac and erlotinib resulted in a lower duodenal polyp burden after 6 months.

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Clinical Review & Education

Bariatric Surgery for Type 2 Diabetes 1276

An article in *JAMA Surgery* reported that among obese persons with type 2 diabetes, bariatric surgery and 2 years of a lifestyle intervention resulted in more diabetes remission than the lifestyle intervention alone. In this From The JAMA Network article, Arterburn and McCulloch discuss longer-term effectiveness of bariatric surgery for type 2 diabetes.

Screening for Gonorrhea, Chlamydia, and Hepatitis B 1278

This JAMA Clinical Guidelines Synopsis article by Tanksley and Cifu summarizes 2 US Preventive Services Task Force Recommendation Statements—one addressing screening for hepatitis B virus infection in nonpregnant adolescents and adults and the other screening for chlamydia and gonorrhea. Screening for hepatitis B infection focuses on high-risk populations. Screening for gonorrhea and chlamydia is recommended for all sexually active women 24 years or younger and older women at high risk of infection.

ERBB2 (HER2) Testing in Breast Cancer 1280

This JAMA Diagnostic Test Interpretation article by Hilal and Romond presents a 35-year-old woman with a palpable left breast mass. Two separate left breast masses were seen on mammography. Biopsy results indicated both masses were poorly differentiated invasive ductal adenocarcinoma. Tumor human epidermal growth factor receptor 2, *ERBB2* (*HER2*), status by immunohistochemistry was scored as negative (1+). How would you interpret this test result?

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Editor's Audio Summary

Howard Bauchner, MD, summarizes and comments on this week's issue.

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Listen to the JAMA Clinical Reviews podcasts, featuring comprehensive reviews of common clinical topics, available at itunes.com/jamanetwork.

Author Interview

VIDEO Interview with Daniel C. Cherkin, PhD, author of "Effect of Mindfulness-Based Stress Reduction vs Cognitive-Behavioral Therapy and Usual Care on Back Pain and Functional Limitations in Adults With Chronic Low Back Pain: A Randomized Clinical Trial"

The JAMA Forum

Insightful commentary on the political aspects of health care from leading health economists, health policy experts, and legal scholars.

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