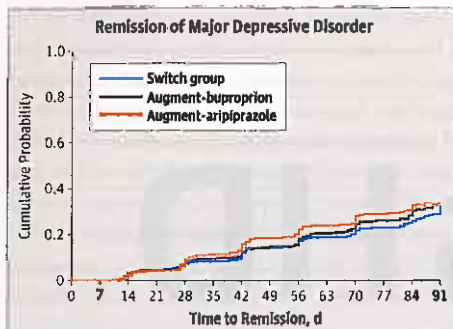


## Research

### Treatment Regimens for Major Depressive Disorder 132



Fewer than one-third of patients with major depressive disorder (MDD) achieve remission with their first antidepressant; most treatment guidelines recommend either switching to another antidepressant or adding a pharmacotherapeutic agent. Mohamed and colleagues conducted a randomized clinical trial of 1522 patients with MDD who had not responded to a course of antidepressant

treatment, finding that augmentation with aripiprazole resulted in a modestly increased likelihood of remission compared with switching to bupropion monotherapy. In an Editorial, Fava suggests that evidence from this and other studies supports the use of aripiprazole for patients who have not responded to antidepressant therapies.

**E** Editorial 126

**CME** [jamanetwork.com/learning](http://jamanetwork.com/learning)

### Alendronate and Hip Fracture in Patients Using Prednisolone 146

Patients receiving glucocorticoid therapy for inflammatory conditions are at risk for secondary osteoporosis; alendronate has been shown to prevent vertebral fractures in these patients, but the benefit for nonvertebral fractures is less clear. In a retrospective cohort study, Axelsson and colleagues followed 3604 patients taking prednisolone with and without alendronate and found that alendronate treatment was associated with a significantly lower risk of hip fracture over a median of 1.32 years.

### Outcomes of Sleep Apnea Treated With Positive Airway Pressure 156

Sleep apnea can result in episodic hypoxemia and is associated with elevated blood pressure, oxidative stress, inflammation, and hypercoagulation. Yu and colleagues conducted a systematic review and meta-analysis of 10 trials of patients with sleep apnea and found that the use of positive airway pressure, compared with no treatment or sham intervention, was not associated with reduced risks of cardiovascular outcomes or death. In an Editorial, Gottlieb suggests that future trials of interventions for obstructive sleep apnea should be carefully designed to address adherence to treatment and other investigative challenges.

**E** Editorial 128



## Humanities

### Poetry and Medicine

203 Ventricles  
T Mampalam

### JAMA Revisited

204 The Relative Values  
of Public Health Procedures

## Opinion

### Viewpoint

**118** Reducing Excessive Use of Antipsychotic Agents in Nursing Homes  
JH Gurwitz, A Bonner, and DM Berwick

**120** Antiplatelet Therapy in Patients With Coronary Stents Undergoing Elective Noncardiac Surgery: Continue, Stop, or Something in Between?  
CP Childers, M Maggard-Gibbons, and PG Shekelle

**122** Social Mission in Health Professions Education: Beyond Flexner  
F Muller

### A Piece of My Mind

**124** Stories Doctors Tell  
T Moniz, L Lingard, and C Watling

### Editorial

**126** Lessons Learned From the VA Augmentation and Switching Treatments for Improving Depression Outcomes (VAST-D) Study  
M Fava

**128** Does Obstructive Sleep Apnea Treatment Reduce Cardiovascular Risk?: It Is Far Too Soon to Say  
DJ Gottlieb

**130** Cardiovascular Risk Factor Control for All  
P Greenland and V Fuster

## LETTERS

### Research Letter

**197** Overall Survival Results of a Trial Assessing Patient-Reported Outcomes for Symptom Monitoring During Routine Cancer Treatment  
E Basch and Coauthors

### Comment & Response

**198** Vaginal Fetal Fibronectin to Predict Spontaneous Preterm Birth

**200** Hemoglobin A<sub>1c</sub> as a Surrogate for Clinical Outcomes in Diabetes Studies

**201** Posing Causal Questions When Analyzing Observational Data

Editor in Chief  
Howard Bauchner, MD

**133 YEARS**  
OF CONTINUOUS  
PUBLICATION

## Clinical Review & Education

### Counseling on Diet and Physical Activity: USPSTF Recommendation 167

Adults who adhere to national guidelines for a healthful diet and physical activity have reduced rates of cardiovascular morbidity and mortality. Considering the evidence that behavioral counseling to promote a healthful diet and physical activity may benefit patients without obesity or cardiovascular risk factors, the US Preventive Services Task Force (USPSTF) recommends behavioral counseling for this population. In an Editorial on this and another article in this issue, Greenland and Fuster cite the public health axiom that small improvements in health for the general population may achieve greater overall benefits in disease prevention than targeted interventions for individuals at greatest risk.

📖 Editorial 130 Related Article 175 JAMA Patient Page 210  
🎧 Author Audio Interview [jama.com](http://jama.com) CME [jamanetwork.com/learning](http://jamanetwork.com/learning)

### Counseling on Diet and Physical Activity: Evidence Report 175

To inform USPSTF deliberations on behavioral counseling for the primary prevention of cardiovascular disease in adults without known cardiovascular risk factors, Patnode and colleagues synthesized findings of a review of 88 trials and found that behavioral interventions led to modest improvements in blood pressure, low-density lipoprotein and total cholesterol levels, and adiposity.

📖 Editorial 130 Related Article 167 JAMA Patient Page 210

### Dual Antiplatelet Therapy After Coronary Stenting 194

Dual antiplatelet therapy (DAPT) with aspirin and a P2Y<sub>12</sub> inhibitor can decrease the risk of coronary thrombosis but may also increase the risk of bleeding. An article published in *JAMA Cardiology* reported that patients who had ischemic or bleeding events while receiving DAPT were at high risk of mortality. In this From The JAMA Network article, Levine emphasizes that DAPT is an effective therapy for patients following myocardial infarction and explains that some adverse events of DAPT can lead directly or indirectly to death but others are best characterized as markers of underlying disease.

📖 Viewpoint 120  
🎧 Author Audio Interview [jama.com](http://jama.com) CME [jamanetwork.com/learning](http://jamanetwork.com/learning)

Behavioral Counseling to Promote a Healthful Diet and Physical Activity for Cardiovascular Disease (CVD) Prevention in Adults Without CVD Risk Factors



ADULTS



Recommendation depends on the patient's situation

#### JAMA Patient Page

210 Counseling on Healthy Living to Prevent Cardiovascular Disease in Adults Without Risk Factors

#### NEWS & ANALYSIS

##### Medical News & Perspectives

112 Starch-Based 'Super Food' May Protect Against Variety of Diseases

##### The JAMA Forum

114 Rethinking Rural Hospitals

##### 116 Biotech Innovations

Total-Body PET Scanner Prototype Due Next Year

Ex-FDA Chief Robert Califf, MD, Heads to Silicon Valley

Spark Advances Gene Therapy for Inherited Vision Loss

##### 117 News From the CDC

Toxic Mushrooms in California

Conception Without HIV Transmission

#### 📧 Online @ [jama.com](http://jama.com)



#### Editor's Audio Summary

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

#### CME Credit

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#### Author Interview



**AUDIO** Interview with Susan J. Curry, PhD, author of "Behavioral Counseling to Promote a Healthful Diet and Physical Activity for Cardiovascular Disease Prevention in Adults Without Cardiovascular Risk Factors: US Preventive Services Task Force Recommendation Statement"

**AUDIO** Interview with Glenn N. Levine, MD, author of "Balancing Ischemic and Bleeding Risks of Prolonged Dual Antiplatelet Therapy"

#### Departments

109 Staff Listing

196 CME Questions

206 Classified Advertising

208 Journal Advertiser Index

209 Contact Information

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