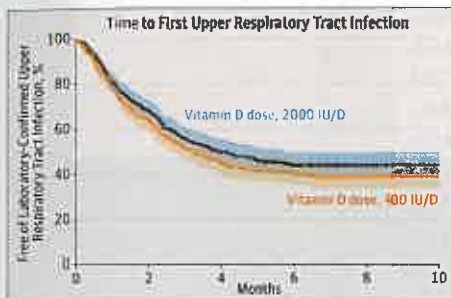


Research

Vitamin D and Upper Respiratory Tract Infections 245



Vitamin D increases the synthesis of the antimicrobial peptide cathelicidin in respiratory epithelium and inhibits replication of influenza virus. A randomized clinical trial by Aglipay and colleagues of 703 children aged 1 to 5 years found that high-dose vs standard-dose vitamin D supplementation did not reduce the rate of upper respiratory tract infections.

Adult Weight Gain and Health Outcomes in Later Life 255

Most excess weight is gained during the transition from early to middle adulthood. In an observational study of 118 140 US men and women, Zheng and colleagues found that weight gain in young adulthood was associated with increased risks of major chronic diseases and mortality and decreased odds of healthy aging. An Editorial by Dietz suggests that the development of overweight and obesity may be related to life course transitions such as leaving home to live independently, starting a full-time job, getting married, or having a child.

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Hospital Readmission Penalties and Mortality 270

The Centers for Medicare & Medicaid Services reduces payments to hospitals with higher-than-expected readmission rates. Dharmarajan and colleagues conducted a retrospective study of Medicare fee-for-service beneficiaries with 2 962 554 hospitalizations for heart failure, 1229 939 hospitalizations for acute myocardial infarction, and 2 544 530 hospitalizations for pneumonia; the investigators found that reductions in hospital 30-day readmission rates were associated with lower mortality rates after hospital discharge. In an Editorial, Joynt Maddox finds it reassuring that readmission penalties do not appear to have increased mortality but cautions that financial incentives to reduce readmissions may inadvertently harm patients in other ways.

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Diagnosis and Management of Asthma in Adults **279**



Asthma is a heterogeneous respiratory syndrome with variable responses to treatment. McCracken and colleagues review the clinical presentation of asthma, the avoidance of environmental triggers, and the appropriate use of symptomatic and maintenance pharmacotherapies.

■ Author Audio Interview jama.com CME jamanetwork.com/learning

Management of Acute Diverticulitis **291**

Acute uncomplicated diverticulitis has long been considered a straightforward diagnosis with a well-established management plan, but recent evidence casts doubt on the benefits of antibiotic therapy for acute illness and surgery for recurrent disease. In this summary of the 2015 American Gastroenterological Association Institute Guideline on the Management of Acute Diverticulitis, Shah and Cifu discuss the lack of high-quality research to support the current standard of care.

A Pregnant Woman With a Bleeding Oral Mass **293**



This JAMA Clinical Challenge by Aldulaimi and Saenz presents a 24-year-old woman at 26 weeks' gestation with a soft, compressible mass descending from her upper maxillary gingiva. What would you do next?



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Editor's Audio Summary

Edward H. Livingston, MD, summarizes and comments on this week's issue.

The JAMA Forum

The JAMA Forum presents expert commentary about health policy, politics, economics, and the law. Updated regularly at newsatjama.jama.com

Author Interview



AUDIO Interview with William J. Calhoun, MD, author of "Diagnosis and Management of Asthma in Adults: A Review"

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