

Research

Scalp Cooling Device for Chemotherapy-Induced Alopecia 596

Chemotherapy can induce alopecia. Nangia and colleagues report the results of a randomized clinical trial of 182 women with breast cancer undergoing chemotherapy, in which patients who used a scalp cooling device were less likely to have hair loss than patients who did not use the device. In an Editorial on this trial and a prospective cohort study on the same topic in this issue, Hershman discusses the distress of chemotherapy-induced alopecia and the costs of providing cooling devices to patients.

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Author Audio Interview jama.com CME jamanetworkcme.com

Scalp Cooling for Chemotherapy-Related Alopecia 606



Alopecia is one of the most common and emotionally distressing adverse effects of chemotherapy. In a prospective cohort study by Rugo and colleagues of 122 patients receiving chemotherapy for breast cancer at 5 US medical centers, the use of scalp cooling (vs no scalp cooling) was associated with less hair loss at 4 weeks

after the last dose of chemotherapy. In an Editorial on this study and a clinical trial on the same topic in this issue, Hershman reports that many patients decline chemotherapy because of concerns about adverse effects such as alopecia.

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Sublingual Immunotherapy for Seasonal Allergic Rhinitis 615

Three years of continuous treatment with sublingual immunotherapy has been shown to improve symptoms of seasonal allergic rhinitis for at least 2 years following discontinuation of treatment. To determine whether a shorter course of immunotherapy could have similar benefits while reducing costs, patient inconvenience, and adverse events, Scadding and colleagues conducted a randomized clinical trial in 106 patients with moderate-to-severe seasonal allergic rhinitis and found that 2 years of sublingual immunotherapy was not significantly different from placebo in improving the nasal response to allergen challenge at 3-year follow-up. In an Editorial, Cox discusses the costs and benefits of allergen-specific immunotherapy.

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Joseph Mango, UCLA Center for Health Services and Society

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Editor In Chief
Howard Bauchner, MD

Research (continued)

Waist-to-Hip Ratio and Coronary Heart Disease 626

The reported association of abdominal adiposity with type 2 diabetes and coronary heart disease may have been confounded by unmeasured lifestyle factors. To evaluate the genetic determinants of this association, Erndin and colleagues compiled data on 111 986 individuals from the UK Biobank and found that a genetic predisposition to higher waist-to-hip ratio adjusted for body mass index was associated with increased risk of type 2 diabetes and coronary heart disease. In an Editorial, Davey Smith and colleagues explain how mendelian randomization can enhance the clinical and public health relevance of observational studies.

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Clinical Review & Education

Metabolic Surgery for Type 2 Diabetes 635

Bariatric interventions can alter glucose homeostasis by their effects on the gut microbiome, hormones, and bile acid metabolism; consequently, they may be thought of as metabolic surgeries when the goal is to improve metabolic health rather than weight alone. This JAMA Clinical Guidelines Synopsis article by Brito and colleagues discusses the clinical implications of a joint statement by international diabetes organizations recommending metabolic surgery as a treatment option for selected patients with type 2 diabetes and obesity. In an Editorial, Greenfield discusses the expanded use and misuse of Clinical Practice Guidelines.

Editorial 594 **Related Article** 571

Fever and a Pustular Rash 637



This JAMA Clinical Challenge article by Yek and colleagues describes a man in his 40s with fever, a rash, and progressing acneiform papules and pustules that began 3 days after taking an ibuprofen pill for a mild headache. A punch biopsy of the skin showed subcorneal pustules containing neutrophils and eosinophils, with epidermal spongiosis. What would you do next?

Quiz Jama.com

From The Medical Letter: Sofosbuvir/Velpatasvir for Hepatitis C 639

This *Medical Letter on Drugs and Therapeutics* article discusses the benefits and risks of Eplclusa—an oral combination of sofosbuvir and velpatasvir—the first medication to be approved for treatment of all 6 major hepatitis C virus genotypes.

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Editor's Audio Summary

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

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Author Interview



AUDIO JAMA Senior Editor Mary McDermott, MD, interviews authors Julie Nangia, MD, and Hope S. Rugo, MD, on the use of a scalp cooling system to alleviate hair loss in women receiving chemotherapy for breast cancer.



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