

In This Issue: February 10, 2026

Research

ORIGINAL INVESTIGATION

497 Spinal Manipulation and Clinician-Supported Biopsychosocial Self-Management for Acute Back Pain: The PACBACK Randomized Clinical Trial
G Bronfort and Coauthors

This randomized clinical trial examines the efficacy of spinal manipulation therapy combined with clinician-supported self-management vs guideline-directed medical care in patients with acute or subacute low back pain.

- Visual Abstract | CME
- Research Summary

511 Valacyclovir Treatment of Early Symptomatic Alzheimer Disease: The VALAD Randomized Clinical Trial
DP Devanand and Coauthors

This randomized clinical trial compares the efficacy and adverse effects of valacyclovir vs placebo in patients with early symptomatic Alzheimer disease and seropositivity to herpes simplex viruses.

- Visual Abstract
- Research Summary

523 Targeted Oxygen for Initial Resuscitation of Preterm Infants: The TORPIDO 30/60 Randomized Clinical Trial

JL Oei and Coauthors
for the TORPIDO 30/60 Collaborative Group

This randomized clinical trial compares outcomes of preterm newborns receiving initial resuscitation with a higher level of fraction of inspired oxygen (FiO₂, 0.6) compared with a lower FiO₂ (0.3).

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RESEARCH LETTER

544 Prescribing Patterns of Potentially Inappropriate CNS-Active Medications in Older Adults

AW Yang and Coauthors

This cohort study examines prescribing patterns of potentially inappropriate central nervous system (CNS)-active medications among older adults with and without cognitive impairment.

546 Trends in County-Level Childhood Vaccination Exemptions in the US

M Fattah and Coauthors

This study examines US county-level trends in nonmedical and medical exemptions to childhood vaccination requirements.

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VIEWPOINT

483 Translating New Obesity Definitions Into Clinical Practice

S Zahid and Coauthors

485 Subscription-Based Pricing for Lenacapavir—Learning From Hepatitis C and Cabotegravir

MR Rose, C Flexner, and V Roy

487 Neurodivergence in US Medical Education

AM Feldman

489 The Price of Healing—A Growing Barrier for Aspiring Physicians

V Nakhate and Y Berlyand

A PIECE OF MY MIND

491 A Parent's Love

C Christianson

In this narrative medicine essay, a pediatric oncology fellow at first feels awkward when parents of gravely ill children ask her about her pregnancy until she opens up and finds herself sharing in the love parents have for their children.

EDITORIAL

493 Valacyclovir and Symptomatic Alzheimer Disease—No Evidence for Benefit

DS Knopman

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495 Reconsidering Oxygen at Birth for Preterm Infants: Lessons From TORPIDO 30/60

AR Thomas and EE Foglia

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➤ Online at JAMA.com

➤ AUDIO

Weekly Editor's Summary

FDA Approves the First Oral GLP-1 Drug for Obesity

Head and Neck Cancer

Seeing Health Through the Eye and AI

➤ VIDEO

Life After Surviving the ICU—What Is Post-Intensive Care Syndrome (PICS)

Bones, Broken — written and narrated by Todd Boss

➤ CME

CME online at jamacmelookup.com

CME Disclosure Statement: Unless noted, all individuals in control of content reported no relevant financial relationships. If applicable, all relevant financial relationships have been mitigated.

➤ INSTRUCTIONS FOR AUTHORS

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Clinical Review & Education

REVIEW

531 Head and Neck Cancer: A Review

LA Dunn, AL Ho, and DG Pfister

This review examines the epidemiology, risk factors, clinical presentation, diagnosis, and treatment of head and neck squamous cell carcinomas of the upper aerodigestive tract.

[Audio](#) | [CME](#)

JAMA INSIGHTS

542 Post-Intensive Care Syndrome

BW Butcher

This JAMA Insights discusses post-intensive care unit syndrome, including how it is assessed and diagnosed as well as suggestions for treatment and prevention.

[Related Article](#)

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JAMA PATIENT PAGE

560 What Is Superficial Vein Thrombosis?

MI Angulo, AC Mauro, and M Vela

This JAMA Patient Page describes superficial vein thrombosis and its risk factors, symptoms, diagnosis, and treatments.

News & Analysis

MEDICAL NEWS

475 Hundreds of Medical Groups Challenge Childhood Immunization Schedule Changes—Here's What to Know

R Rubin

This Medical News article discusses changes to the US government's childhood and adolescent immunization schedule and what they mean for clinicians and families.

478 What to Know About the New Semaglutide Pill for Obesity

K Schweitzer

This Medical News article discusses the US Food and Drug Administration approval of oral semaglutide for the treatment of obesity in adults.

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480 Obstructive Sleep Apnea May Worsen Mental Health in Middle-Age and Older Adults

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In Reply

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MULTIMEDIA

Going Back to "Normal" After ICU Discharge: JAMA Film Documents Post-Intensive Care Syndrome (PICS)

AW Chen, E Guobye, and MB O'Connor

This JAMA film documents the story of an intensive care unit survivor who developed post-intensive care syndrome (PICS), featuring interviews with clinicians and researchers to explore what PICS is, what causes it, and ways to help patients.

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Insights From the Eye With AI

Y Hswen

JAMA+ AI Associate Editor Yulin Hswen, ScD, MPH, spoke with Cecilia Lee, MD, MS, a professor of ophthalmology at Washington University in St Louis, for JAMA+ AI Conversations.

[Audio](#)

[Available online](#)