Stay CURRENT!
The YEAR IN REVIEW saves you time by summarizing “Key Clinical Updates” impacting your daily clinical practice in adult medicine.
# YEAR IN REVIEW: KEY CLINICAL UPDATES IN CMDT 2023

## CHAPTER 2: COMMON SYMPTOMS

### Dyspnea
- Point-of-care ultrasonography (POCUS) consistently improved the sensitivities of standard diagnostic pathways to detect heart failure, pneumonia, PE, pleural effusion, or pneumothorax. Specificities increased in most, but not all, studies; in-hospital mortality and length of hospital stay, however, did not differ significantly between patients who did or did not receive POCUS in addition to standard diagnostic tests.  

### Dysuria
- A systematic review and meta-analysis found D-mannose protective against recurrent UTIs.  

### Fatigue & Systemic Intolerance Disease (Chronic Fatigue Syndrome)
- Pitolisant, a selective histamine H3-receptor antagonist with wake-promoting effect, may reduce daytime sleepiness in patients with moderate to severe obstructive sleep apnea who do not want continuous positive airway pressure treatment.  
  Dauvilliers Y et al. Am J Respir Crit Care Med. [PMID: 31917607]

## CHAPTER 4: GERIATRIC DISORDERS

### Dementia
- Aducanumab, a monoclonal antibody that targets amyloid-beta protein and promotes its clearance from the brain, became the first new drug approved by the FDA for the treatment of Alzheimer disease since 2003. However, its role in routine clinical care remains unclear.  

## CHAPTER 7: DISORDERS OF THE EYES & LIDS

### Optic Neuritis
- Newer therapies include monoclonal antibodies against immune cells and cell-based therapies to deplete or modulate T- and B-cell responses.  

## CHAPTER 8: OTOLARYNGOLOGY DISORDERS

### Bacterial Rhinosinusitis
- Dupilumab, a monoclonal antibody with inhibition of IL-4 and IL-13, is FDA-approved for patients with chronic sinusitis with nasal polyps.  
  Hoy SM. Drugs. [PMID: 32240527]

### Sensorineural Hearing Loss
- There is emerging evidence that conventional audiometry may not fully capture hearing loss (known as “hidden hearing loss”). Many patients may have subclinical hearing loss.  
  Drennan WR. Audiol Neurootol. [PMID: 34727540]

## CHAPTER 9: PULMONARY DISORDERS

### Allergic Bronchopulmonary Aspergillosis
- For patients with frequent exacerbations, the use of biologic agents, such as anti-IgE (omalizumab), anti-IL-5 (mepolizumab, benralizumab), or anti-IL-4 receptor (dupilumab), has been shown to improve outcomes.  
  Koutokou A et al. J Cyst Fibros. [PMID: 31405730]

### Bronchial Carcinoid Tumors
- The aggressiveness of bronchial carcinoid tumors is determined by the cell histology, with “typical carcinoid,” a low-grade tumor, demonstrating a more indolent and favorable course than “atypical carcinoid,” an intermediate-grade tumor. Bronchial carcinoid tumor staging follows the same TNM classification as other lung cancers.  
  Singh S et al. J Thorac Oncol. [PMID: 32663527]

*See chapter for further details and references. (continued on following page)