

What About Screening The Relations of Patients of Myocardial Infarction for Coronary Heart Disease

OP Kapoor

In the past I have always taught that whenever you see a patient of pulmonary tuberculosis screen all the relations of the patient in the house as well as servants by asking for an X-ray chest. Very often you will be rewarded by at least 5% of these people having incidental tuberculosis.

Then, why not do the same thing when

Ex. Hon. Physician, Jaslok Hospital and Bombay Hospital, Mumbai, Ex. Hon. Prof. of Medicine, Grant Medical College and JJ Hospital, Mumbai 400 008.

you see a patient of myocardial infarction?

Next time when you see such a patient remember to ask for a routine stress test of all his brothers, menopausal sisters, children, above the age of 30, and the father and mother, if alive.

I can assure you that by doing this work up you will detect many more cases of coronary heart disease, like detecting a case of pulmonary tuberculosis by asking for Chest X-ray in the family.

SEQUENTIAL REGIMENS FOR HELICOBACTER PYLORI ERADICATION

Triple therapy with clarithromycin and proton-pump inhibitors (PPI) is the recommended regimen for *Helicobacter pylori* eradication. Eradication rates of over 90% were initially reported and in clinical practice these regimens consistently achieved success rates of over 80%. The efficacy of 7-day triple therapy has been decreasing, however, and now falls below the 80% recommended by guidelines.

Italian researchers have now given us an alternative approach consisting of a PPI combined with amoxicillin for 5 days followed by a PPI combined with clarithromycin and a 5-nitroimidazole for a further 5 days in a randomised trial in 300 patients with functional dyspepsia or peptic ulcer disease.

7 days, of PPI triple-therapy might not be long enough, and systematic reviews have suggested that the optimum duration could be 14 days.

Paul Moayyedi, *The Lancet*, 2007; 370 : 1010-12.