

AFP Clinical Answers

Human Papillomavirus, Depression, Onychomycosis, Sciatica, Headaches, Obstetric Lacerations

What strategies are effective for prevention of human papillomavirus infection?

Human papillomavirus vaccination is the primary recommended modality for preventing vaccine-type human papillomavirus infections, precancerous cervical lesions, and anogenital warts. Limiting the number of sex partners, delaying first intercourse until a later age, and consistently using condoms also decrease the risk of human papillomavirus infection. Smoking and alcohol cessation should be recommended to reduce the risk of human papillomavirus persistence and the development of human papillomavirus-related malignancies.

<https://www.aafp.org/afp/2021/0800/p152.html>

Can physical activity prevent the development of depression?

Physical activity is associated with a lower risk of developing depression and depressive symptoms.

<https://www.aafp.org/afp/2021/0800/p204.html>

What is the most effective treatment for onychomycosis?

Oral terbinafine (Lamisil) has the highest effectiveness of any available therapy for onychomycosis and should be recommended as first-line treatment for most patients who have no contraindications.

<https://www.aafp.org/afp/2021/1000/p359.html>

Do epidural corticosteroid injections safely reduce pain and disability in patients with sciatica?

According to a Cochrane review involving patients with sciatica, epidural corticosteroid

injections provide a small and probably clinically insignificant reduction in leg and back pain in the immediate term (less than two weeks), and a small to moderate reduction in disability in the short (two weeks to three months) and intermediate (three months to 12 months) terms.

<https://www.aafp.org/afp/2021/0900/od2.html>

What medication is effective at reducing the frequency of tension headaches?

According to guidelines on headache management from the U.S. Department of Veterans Affairs and the U.S. Department of Defense, amitriptyline effectively prevents tension-type headaches after three months of treatment, reducing headache frequency and the need for abortive medications.

<https://www.aafp.org/afp/2021/0900/p316.html>

Is surgical glue an effective alternative to suturing for first-degree obstetric lacerations?

Compared with sutures, surgical glue can repair first-degree obstetric lacerations with similar cosmetic and functional outcomes, less pain, less time, and reduced local anesthetic use.

<https://www.aafp.org/afp/2021/0615/p745.html>

Tip for Using AFP at the Point of Care

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