

AFP Clinical Answers

Gestational Diabetes Mellitus, Acetaminophen Overdose, Congenital Syphilis, e-Cigarettes, Acne Vulgaris, Newborn Birthmarks

Are early diagnosis and treatment of gestational diabetes mellitus in patients at high risk beneficial for neonatal and maternal outcomes?

A randomized controlled trial of 802 pregnant patients showed that screening those at high risk for gestational diabetes mellitus in early pregnancy, and treating if positive, had modest benefits. A composite adverse neonatal outcome was reduced in the early treatment group (number needed to treat [NNT] = 18). Severe maternal perineal injury was also reduced in the early treatment group (NNT = 36).

POEMs: Early Treatment of Gestational Diabetes Is Modestly Beneficial for Neonatal and Maternal Outcomes; December 2023

What is the treatment for acetaminophen overdose?

N-acetylcysteine is the antidote for acetaminophen toxicity. It should be administered based on the ingested dose, serum acetaminophen concentration above the threshold at 4 hours after ingestion and later (using an acetaminophen nomogram), abnormal liver biochemistry, or evidence of liver failure attributable to an overdose.

Acute Medication Poisoning; February 2024

How should you diagnose congenital syphilis?

Congenital syphilis should be considered in a neonate with small, copper-red, maculopapular lesions located primarily on the hands and feet that peel and crust after 3 weeks. Diagnosis is based on a quantitative comparison of nontreponemal serologic titers in the birthing parent and neonate.

Newborn Skin: Part I. Common Rashes and Skin Changes; March 2024

Is switching to e-cigarettes effective for helping smokers who want to quit?

For adults who want to quit smoking, nicotine delivery via e-cigarettes plus counseling may be more effective than other means of nicotine replacement for long-term smoking cessation. A systematic review and meta-analysis of

randomized controlled trials did not report the percentage of patients who maintained e-cigarette use while staying abstinent from smoking.

POEMs: Nicotine Replacement With e-Cigarettes Might Help Smokers Quit; January 2024

What are the most effective therapies for treating acne vulgaris?

A meta-analysis of multiple randomized controlled trials found that oral isotretinoin was the most effective therapy for decreasing the number of lesions in patients with acne. However, it is not considered first-line therapy. Topical retinoids and benzoyl peroxide combined with oral or topical antibiotics were comparably effective in achieving treatment success. Another analysis suggested starting treatment with adapalene (Differin) plus benzoyl peroxide, clindamycin plus benzoyl peroxide, or adapalene alone.

POEMs: Network Analysis Finds Oral Isotretinoin Most Effective for Acne Vulgaris; January 2024

When should you refer a neonate with a congenital melanocytic nevus to dermatology?

Patients with a solitary congenital melanocytic nevus with a projected size of greater than 20 cm in any dimension or multiple congenital melanocytic nevi of any size should be referred to dermatology. Lesions on the head will likely double in size, whereas those on the trunk and extremities will likely triple in size.

Newborn Skin: Part II. Birthmarks; March 2024

Tip for Using AFP at the Point of Care

Looking for more information about smoking cessation? Check out the related content collection in *AFP* by Topic at <https://www.aafp.org/pubs/afp/topics/by-topic/tobacco-use-and-dependence.html>. More than 70 topic collections are available at <https://www.aafp.org/pubs/afp/topics.html>.

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