

Professor Mike Khosrow Mirahmadi - M.D.
BOARD Certified in Internal Medicine & Nephrology

Clinical Professor of Medicine at UCLA

Tel 310-858-5090

Fax 310-276-5508

Email Mike@Mirahmadi.com

www.Mirahmadi.com

435 N. Bedford Dr. #312 Beverly Hills, CA 90210



Monthly Injectable Naltrexone Is Efficacious for Alcohol Dependence

Medications (including daily oral naltrexone) are moderately effective for treating alcohol dependence, but obtaining patient adherence is a challenge. In this multicenter, randomized trial that was funded, designed, and conducted by the drug maker, researchers tested a new long-acting formulation of injectable naltrexone among 624 alcohol-dependent patients who drank heavily (5 drinks for men, 4 for women) at least 2 days weekly. Patients were assigned to receive monthly injections of high-dose naltrexone, low-dose naltrexone, or placebo for 6 months, along with standardized supportive therapy.

Almost two thirds of patients received all six injections. Compared with the placebo group, more patients in the high-dose naltrexone group (14% vs. 7%) had nausea, fatigue, anorexia, dizziness, and injection-site pain and discontinued treatment because of adverse events. The rate of heavy drinking (i.e., the number of days with heavy drinking divided by the days at risk) was significantly lower in patients assigned to high-dose naltrexone than in those assigned to placebo (hazard ratio, 0.75). This effect was attenuated and of borderline significance with low-dose naltrexone. Although the effects of high-dose naltrexone were similar regardless of patients' stated treatment goals (abstinence or not), the drug was much more efficacious in patients who abstained from alcohol for 7 days before study entry than in patients who did not (HR, 0.2). Naltrexone was not effective in women.

Comment: This is a particularly important study of pharmacotherapy for alcohol dependence, because patients did not have to stop drinking or commit to abstinence to enter the trial; furthermore, the medication used has potential for better adherence than do current medications. Although injectable naltrexone is not yet FDA-approved, it likely will become an attractive adjunctive therapy for people who seek treatment for alcohol dependence.

Reference:

Garbutt JC et al. Efficacy and tolerability of long-acting injectable naltrexone for alcohol dependence: A randomized controlled trial.

Prognostic Value of BNP in Patients with Heart Failure

Although several predictors of early mortality risk have been identified in patients with heart failure, none of these predictors performs very well. These investigators conducted a systematic review of B-type natriuretic peptide (BNP) as a possible prognostic factor in both heart-failure patients and asymptomatic patients.

Thirty-two studies were included in the review. In an analysis of four studies in which BNP levels were examined as a continuous variable, a 35% increase in mortality during follow-up (mean, 1.5-3 years) was noted for every 100 pg/mL increase in BNP levels among patients with heart failure. An analysis of data from five studies in asymptomatic patients suggested that a BNP level higher than about 20 pg/mL conferred a twofold increase in mortality rate. Researchers also looked at 35 multivariate models in the 32 studies reviewed, to compare the prognostic value of BNP with other known predictors. BNP had the smallest P value in 23 models and, in 9 models, was the only variable to reach statistical significance.

Comment: These results suggest that BNP levels are a relatively strong predictor of survival in patients with heart failure and possibly even in asymptomatic patients. Although evidence is mounting that BNP level might be a good clinical predictor of cardiovascular outcomes, research is needed to determine what interventions (beyond current standard therapies) would improve outcomes in patients with high BNP levels. In addition, BNP measurements might be useful for stratifying patients in cardiovascular research studies.

Reference:

Doust JA et al. How well does B-type natriuretic peptide predict death and cardiac events in patients with heart failure: Systematic review. *BMJ* 2005 Mar 19; 330:625-33.

We occasionally use material we believe has been placed in the public domain.

Sometimes it is impossible to identify and contact the copyright holder. If you claim ownership of something we have published, we will be pleased to make a proper acknowledgement. All letters & pictures received are assumed to be for publication unless otherwise stated. **TEHRAN** International Weekly Magazine can not be held responsible for unsolicited contribution.

PS. If you send an article to us and we toss it by mistake, **tough** Keep a copy next time!

NETLINE

Mortgage Bankers

قابل توجه متقاضیان محترم وام
و شرکت های معتبر وام ملکی

وام ۳۰ ساله ثابت % ۵.۲۵۰ APR

وام ۱۵ ساله ثابت % ۴.۸۷۵ APR



به مدیریت فرزاد طلب

هم اکنون با اختیار داشتن دهها
میلیون دلار وجه نقدی و ۱۸ سال
سابقه درخشان وام های فوری شما
را در کمتر از فقط ۷ روز به انجام
رسانده و مطابق گذشته بهترین
نرخ بهره را تضمین می نمائیم

وام

با تضمین کتبی کمترین نرخ بهره

منطقه ولی ۵۰۰۰-۰۰۰۷ (۸۱۸)

منطقه لس آنجلس ۶۶۹-۱۴۰۰ (۳۲۳)

فکس ۶۶۹-۱۴۸۳ (۳۲۳)

2965 Glendale Blvd Los Angeles, CA 90039