Resveratrol Levels and Longevity in Older Adults

It is unknown whether resveratrol levels achieved with diet are associated with inflammation, cancer, cardiovascular disease, and mortality in humans. In a prospective cohort study of 783 community-dwelling adults 65 years and older living in the Chianti region of Tuscany, Italy, over 9 years of follow-up, Semba and coauthors found that higher dietary intake and urinary levels of resveratrol was not associated with longer life or lower risk of chronic diseases than those with low dietary intake or urinary levels of resveratrol.
Research (continued)

The Stability of End-of-Life Preferences

The promise of advance care planning rests on the untested assumption that patients’ preferences for future treatments are relatively stable over time. To test this premise, Auriemma and coauthors conducted a systematic review and meta-analysis of studies on the stability of patients’ preferences for treatments near the end of life. They found that most patients’ preferences were stable over time, particularly for patients who were most ill and who had engaged in advance care planning. However, the large variability among studies in the methods used and results obtained suggests the need for both caution in assuming that prior preferences are applicable to current decisions and for future longitudinal research conducted in real-world settings. In an Invited Commentary, Schenker and coauthors consider the current state of advanced care planning.

Invited Commentary 1093

Discharge Interventions for Reducing 30-Day Hospital Readmissions

Early hospital readmissions are a common and costly occurrence, and a variety of interventions have been tested to reduce their frequency. In a systematic review and meta-analysis of 47 randomized trials, Leppin and coauthors sought to synthesize the evidence for discharge interventions in reducing early readmissions and explore intervention characteristics most predictive of their varying effects. They found that, overall, discharge interventions are effective at reducing early readmissions but that more effective interventions assessed and enhanced patient and caregiver capacity for postdischarge care.

Random Urine Tests for Microalbuminuria in Diabetic Patients

Measurement of a random urine sample for albumin concentration (UAC) costs less than measuring albumin to creatinine ratio (ACR), but its accuracy might be affected by hydration status. However, the additional creatinine measurement for ACR brings in extra variations across patients and laboratories. In a systematic review and meta-analysis, Wu and coauthors summarize the published information on the diagnostic performance of UAC and ACR for screening patients with diabetes. They found that UAC, which has high sensitivity and specificity, is comparable to ACR for detection of microalbuminuria in random urine samples among patients with diabetes, when a urine albumin excretion rate of 30 to 300 mg/d in 24-hour timed urine collection is used as the gold standard.

Invasive Group A Streptococcus Following Outpatient Liposuction

Beaudoin and coauthors investigated an outbreak of severe group A Streptococcus (GAS) infections associated with outpatient liposuction procedures at 2 unregulated cosmetic surgery facilities. Four confirmed and 9 suspected cases, including 1 death, were identified (overall attack rate, 20% [13 of 66]). All confirmed case patients had necrotizing fasciitis and required surgical debridement. Procedures linked to illness were performed by 2 health care workers who were colonized with a GAS strain that was indistinguishable from case patient isolates. Substandard infection control practices were identified. In an Invited Commentary, Morgan and Harris explore the gap in oversight of outpatient cosmetic surgery facilities and call for appropriate infection control practices and consistent patient protections.

Invited Commentary 1142

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LETTERS

Research Letter

1187 Decade-Long Trends in Mortality Among Patients With and Without Diabetes Mellitus at a Major Academic Medical Center
NM Butala and Coauthors

1188 Functional Impairment and Internet Use Among Older Adults: Implications for Meaningful Use of Patient Portals
SR Greysen and Coauthors

Comment & Response

1190 The Effect of a Physician Partner Program on Physician Efficiency and Patient Satisfaction
DB Reuben and Coauthors

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Author Interview

AUDIO Interview with Karen Smith-McCune, MD, PhD, author of “Choosing a Screening Method for Cervical Cancer: Papanicolaou Testing Alone or With Human Papillomavirus Testing”

Departments

1020 Staff Listing
1067, 1136 CME Articles
1206 Classified Advertising
1206 Journal Advertiser Index
1207 Contact Information
1208 CME Questions