

Dear friends of clinical journal club - load the file down at <https://www.mdc-berlin.de/cjc>. This website also gives you access to my seminar on Wednesdays 16:00 English and 17:00 German. You need to click on *Besprechung beizutreten*. If it fails to work immediately, keep on clicking.

A previously healthy 20-year-old man presented to the dermatology clinic with a 4-week history of an itchy rash on his upper chest and shoulders. Two months before presentation, he had started a carbohydrate-restricted ketogenic diet for weight loss. Physical examination is shown. Which of the following is the most likely diagnosis? You are offered: Confluent and reticulated papillomatosis, Contact dermatitis, Erythema dyschromicum perstans, Prurigo pigmentosa, and Tinea corporis. I had never heard of this condition either. We thought the carotid-stenosis issue had been solved 30 years ago. However, improvements in medical therapy, carotid-artery stenting, and carotid endarterectomy call into question the preferred management of asymptomatic carotid stenosis. Whether adding revascularization to intensive medical management would provide greater benefit than intensive medical management alone is unclear. Investigators conducted two parallel, observer-blinded clinical trials that enrolled patients with high-grade ( $\geq 70\%$ ) asymptomatic carotid stenosis across 155 centers in five countries. The stenting trial compared intensive medical management alone (medical-therapy group) with carotid-artery stenting plus intensive medical management (stenting group); the endarterectomy trial compared intensive medical management alone (medical-therapy group) with carotid endarterectomy plus intensive medical management (endarterectomy group). The primary outcome was a composite of any stroke or death. Blood pressure and lipids (LDL at 70 mg/dL) were very well controlled in all groups. Events were rare but stenting (3% absolute difference) was better than endarterectomy (2%) compared to medical treatment alone. The PRIMA system is a wireless subretinal bionic vision device designed to restore functional central vision in patients with advanced geographic atrophy (GA), the late-stage form of dry age-related macular degeneration (AMD). Geographic atrophy due to age-related macular degeneration (AMD) is the leading cause of irreversible blindness and affects more than 5 million persons worldwide. No therapies to restore vision in such persons currently exist. The photovoltaic retina implant microarray PRIMA system combines a subretinal photovoltaic implant and glasses that

project near-infrared light to the implant to restore sight to areas of central retinal atrophy. Investigators conducted an open-label, multicenter, prospective, single-group, baseline-controlled clinical study in which the vision of participants with geographic atrophy and a visual acuity of at least 1.2 logMAR (logarithm of the minimum angle of resolution) was assessed with PRIMA glasses and without PRIMA glasses at 6 and 12 months. The primary end points were a clinically meaningful improvement in visual acuity. PRIMA helped these patients. Fremanezumab, a humanized monoclonal antibody that selectively targets calcitonin gene-related peptide, is approved for the prevention of migraine in adults. Evidence from randomized, controlled trials in children and adolescents is needed. Investigators randomly assigned participants 6 to 17 years of age with a diagnosis of episodic migraine (defined as migraine for  $\geq 6$  months and a history of  $\leq 14$  headache days per month) to receive monthly subcutaneous injections of fremanezumab (120 mg for participants with a body weight of  $< 45$  kg and 225 mg for those with a body weight of  $\geq 45$  kg) or matched placebo for 3 months. Fremanezumab reduced the primary endpoint, the change from baseline in the average number of migraine days per month. In patients with autoimmune hemolytic anemia (AIHA), the risk of relapse is high owing to persistent autoreactive B-cell activity. Multirefractory AIHA is a more advanced stage of disease that is defined by a lack of response to at least three lines of therapy. CD19-directed chimeric antigen receptor (CAR) T-cell therapy results in profound B-cell depletion and may be a useful approach to achieving drug-free remission in multirefractory AIHA. CAR T-cell therapy helped patients with AIHA. The safety profile was satisfactory. The incidence of sudden cardiac arrest in athletes varies according to age, race and ethnic group, sex, sport, and social determinants of health. The common causes of sudden cardiac arrest include cardiomyopathies, electrical disorders, coronary-artery anomalies, and other cardiac structural abnormalities. There has not been an increase in the incidence of sudden cardiac arrest in athletes during the time frame of the coronavirus disease 2019 (Covid-19) pandemic. Primary prevention is based on cardiovascular screening before participation, and secondary prevention on implementation of emergency action plans. N Engl J Med reviews the topic. The weekly case involves a 63-year-old man admitted with fever, cough, and vision in his right eye. An Abluminus Drug-Eluting Stent (DES), like the Abluminus

DES+, is a next-generation coronary stent designed to deliver the anti-restenosis drug Sirolimus specifically to the artery's outer (abluminal) surface using a biodegradable polymer, aiming for better outcomes, especially in diabetic patients, by providing uniform drug delivery and transitioning to a bare-metal structure faster. Lancet presents a randomized controlled trial of abluminus stents compared to the currently best stents. Abluminus stents did not pass muster. Next in Lancet, Chinese investigators present social inequalities in their country regarding cancer management in children and young people. The open candor of the report is impressive. Mpox is a major issue in Africa. Lancet next presents the impact of Mpox on maternal and neonatal outcomes in Congo. Finally, a Lancet Commission imparts advice on achieving a global improvement in population health. White fat, brown fat, and beige fat are all different. Beige fat releases various signaling molecules, known as "beigokines," that improve metabolic health and energy expenditure, including FGF21, Interleukin-6 (IL-6), Neuregulins (NRG4), VEGF, and BAIBA, affecting other organs, blood vessels (lowering blood pressure), and immune cells to boost thermogenesis and glucose regulation. In Science Magazine, we learn that perivascular adipose tissue (PVAT) surrounds blood vessels and has features of both white and brown adipose tissue. PVAT secretes adipokines (adipose tissue proteins that function as hormones), some of which cross the vessel wall and reach its inner layer. Investigators report that deleting the PR domain containing 16 (Prdm16) gene in fat cells (adipocytes) attenuated PVAT's brown adipose tissue-like features and caused vascular remodeling and hypertension in mice. These results give us insight into a major beigokine. In the Washington Post, we attend a longevity meeting in Las Vegas. Here, Bobby Kennedy Jr., the current Health and Human Services boss who opposes most vaccination, admits that he takes vitamins by the fist-full, takes testosterone, and is treated with stem cells. He should live forever. The next oral presentation will be on January 21, 2026.

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