

Dear friends of clinical journal club - load the latest 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 35-year-old man with a history of moderate-to-severe plaque psoriasis presented to the dermatology clinic with new skin lesions. His psoriasis had been in remission for the past 18 months while on risankizumab. Two weeks before presentation, the patient had undergone his first ever session of wet cupping therapy to treat low back pain. During the treatment, clusters of small incisions had been made at different sites across his back, after which glass cups had been applied with negative pressure to draw out small amounts of blood. What is the most likely diagnosis? You are offered: Impetigo, Isotopic response, Koebner phenomenon (isomorphic response), Pathergy, and Relapse of psoriasis. Hint, it is not pathergy.

Current treatment of newly diagnosed multiple myeloma involves lenalidomide maintenance therapy given until disease progression. The appropriate duration of maintenance therapy with lenalidomide has been unclear. Investigators enrolled patients with standard-risk newly diagnosed multiple myeloma who were not undergoing up-front autologous stem-cell transplantation. After induction treatment with a proteasome inhibitor–lenalidomide combination, patients were randomly assigned to receive indefinite-duration (continuous) lenalidomide or fixed-duration lenalidomide (for 2 years). The continuous lenalidomide treatment did not improve survival.

Patients with multivessel coronary artery disease often receive 12 months of dual antiplatelet therapy (DAPT) after stenting to reduce the risk of ischemic events. Whether extending DAPT beyond 12 months in event-free patients with multivessel disease provides a benefit is uncertain. Investigators conducted an open-label, randomized trial at 97 centers in China. Patients 18 to 75 years of age with multivessel coronary artery disease who had no major ischemic or bleeding events while receiving DAPT for 12 months after implantation of a drug-eluting stent were randomly assigned in a 1:1 ratio to receive an additional 12 months of DAPT (clopidogrel plus aspirin) or aspirin monotherapy. The primary efficacy end point was a composite of death from cardiovascular causes, nonfatal myocardial infarction, or nonfatal stroke. Two years was better than 1 year with no increased bleeding in this Chinese study. Obinutuzumab, a glycoengineered

type II anti-CD20 monoclonal antibody, induces potent B-cell depletion and is approved for the treatment of active lupus nephritis. Its efficacy and safety in patients with active systemic lupus erythematosus (SLE) are yet to be determined. Investigators conducted a phase 3, multicenter, double-blind, placebo-controlled trial involving adults with active SLE but without proliferative or membranous lupus nephritis who were receiving standard therapy. Patients were randomly assigned in a 1:1 ratio to receive obinutuzumab (1000 mg) or placebo on day 1 and weeks 2, 24, and 26. In the prespecified analysis, the primary end point at week 52 was a response on the SLE Responder Index 4 (SRI-4). The anti-CD20 antibody resulted in improved outcomes and perhaps because steroids were reduced, adverse events were about the same. Prevalence surveys in U.S. hospitals showed that on any given day, 1 of 25 patients had a health care–associated infection in 2011, as compared with 1 of 31 patients in 2015. Investigators repeated the survey in 2023 to assess changes in the prevalence of such infections. The prevalence of such infections has actually decreased a bit. Bundibugyo virus is a relatively rare orthoebolavirus that has caused only two previously recognized disease outbreaks but remains capable of producing severe epidemic disease with substantial mortality. N Engl J Med reviews the outbreak. The review this week is on fibromyalgia. The mystery case is an ornithologist with a recent stay in Madagascar, who suddenly develops a meat allergy. In the Lancet, mezigdomide, carfilzomib and dexamethasone are compared to carfilzomib and dexamethasone in newly diagnosed multiple myeloma patients. The mezigdomide group had a better progression-free survival, albeit with more infections. The Lancet reports the COMPETE trial that evaluated peptide receptor radionuclide therapy (PRRT) for neuroendocrine tumors. PRRT offered better disease-free survivals. Ghrelin is the stomach-derived hunger hormone. Surprisingly, there is a rationale for studying a ghrelin agonist for heart failure with preserved ejection fraction (HFpEF). The safety study was uneventful and showed that the ghrelin agonist might help HFpEF patients. Tirofiban is a platelet Gpiib/iii_a blocker that I thought had lapsed into obscurity. A stroke study from China suggests that tirofiban after endovascular reperfusion for stroke improved outcomes (Rankin scale) at 90 days. Lancet reviews the safety and efficacy of mRNA vaccines from a public health perspective. Neuroscientists have started to unravel the neural code for speech production thanks

to opportunities to directly measure people's brain activity during medical procedures such as epilepsy treatment. Such studies revealed that computer algorithms could predict the content of speech from simultaneously recorded neural signals. In Science Magazine, we are introduced to an AI supported Brain Computer Interface that converts brain-generated word-memes into free speech. In Washington Post, we learn that Taco Bell is in big trouble because of the multistate cyclosporiasis outbreak. Load down the file and join me again on July 22, 16:00 English 17:00 German.

Sincerely, Fred Luft

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