

## Intensive interventions to stop smoking



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An intensive program to stop smoking works better than a minimal intervention for patients admitted to hospital for coronary artery bypass surgery or myocardial infarction. Patients in the intensive program received 45–60 minutes of bedside education and counselling, take-home materials and 7 counselling sessions with a nurse by telephone after discharge. Significantly more patients

in the intensive program were abstinent at 1 year. **See Research, page 1297**

Smokers with cardiovascular disease who are admitted to hospital and counselled about smoking benefit from continuing counselling for more than 1 month after discharge, Rigotti says. **See Commentary, page 1283**

## Death from cardiovascular disease and stroke

Rates of death from cardiovascular disease declined 30%, from 360.6 to 252.5 per 100 000, between 1994 and 2004 in Canada, according to data from Statistics Canada analyzed by Tu and colleagues. The decline in mortality rates may plateau or even be reversed in the future because of an increase in such risk factors as diabetes and obesity, the authors add. **See Research, page E118**

Cardiovascular disease will remain the most common cause of death in the near future because of an aging population, unless we target its prevention, warn Capewell and O'Flaherty. **See Commentary, page 1285**

## Starting insulin in patients on oral antidiabetes drugs

For every 1000 new users of oral antidiabetes drugs observed for 1 year, 9.7 would be expected to begin insulin therapy. This incidence rate seems low, say Pérez and col-



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leagues, who performed this population-based cohort study. **See Research, page 1310**

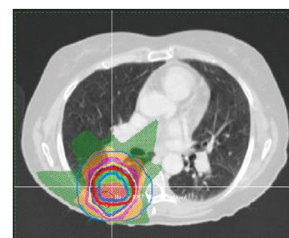
We would need more sophisticated studies to determine if this low rate of starting insulin therapy is because of patients' lack of need or inertia on the part of physicians, Pogach says. **See Commentary, page 1287**

## Getting used to space flight

Although most physiologic effects resolve shortly after returning to earth, demineralization of bone may be a permanent effect of long space flights, say Thirsk and colleagues. **See Reviews, page 1317 and 1324; Essay, page 1335, and Dispatch from the medical front, page 1292**

## Stereotactic radiation therapy for lung cancer

In a revival of our series on innovations in care, Dahele and colleagues say that stereotactic radiation therapy should be considered for patients with early peripheral non-small-cell lung cancer who are unfit for surgery. **See Practice, page 1326**



## Carcinoid syndrome

A 72-year-old man with facial flushing, cyanosis, telangiectasia, congestive heart failure, weight loss and chronic diarrhea was found to have metastatic carcinoid tumour. **See Clinical images, 1329**

## Heart valves from seals

Researchers in Quebec are proposing to test heart valves from harp seals for use in humans. **See News, page 1290**

## Cord blood bank

Canada's deputy health ministers have approved the creation of a national public cord blood bank. **See News, page 1295**