Self-monitoring results in better BP control than clinic-based monitoring

Key Point

Results of a large, 12-month, open-label, multicenter trial in patients with uncontrolled hypertension showed that self-monitoring (SM) of blood pressure (BP) with or without telemonitoring (TM) resulted in better BP control compared with clinic-based BP monitoring. Primary care clinicians were better able to titrate antihypertensive medications to meet recommended goals.

Source URL:

Corticosteroids for severe alcoholic hepatitis improves short-term outcomes

Key Point

According to a study published in Gastroenterology, use of corticosteroids in patients with severe alcoholic hepatitis significantly reduced the risk of death within 28 days when compared with controls or pentoxifylline. However, no difference was seen in 6-month mortality for any treatment or controls.

Source URL: