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IN BRIEF

IBS

Rifaximin for the treatment of IBS

William Chey and colleagues performed a meta-analysis and systematic review of five randomized, placebo-controlled trials to determine the efficacy and tolerability of the minimally absorbed antibiotic rifaximin in patients with IBS. Rifaximin was more effective than placebo for global IBS symptom improvement and bloating. Adverse effects were similar among patients in the two groups.

Original article Menees, S. B. *et al.* The efficacy and safety of rifaximin for the irritable bowel syndrome: a systematic review and meta-analysis. *Am. J. Gastroenterol.* doi:10.1038/ajg.2011.355

NAFLD

Caffeine protects against NAFLD

A nutritional study in the USA characterized the dietary behavior of patients with NAFLD. A questionnaire that lists 62 nutrition components was used to compare 1,782 patients with NAFLD with 16,768 healthy controls. Of these components, 24 were significantly different between the groups. Multivariate analysis identified five factors that were independently associated with NAFLD: African American race, male gender, obesity (BMI >30), low caffeine intake and low total water consumption. Caffeine therefore has a potential protective effect against NAFLD; further research is required to identify the mechanism.

Original article Biredinc, A. *et al.* Caffeine is protective in patients with non-alcoholic liver disease. *Aliment. Pharmacol. Ther.* doi:10.1111/j.1365-2036.2011.01496.x

ULCERATIVE COLITIS

Adalimumab promotes clinical remission in patients with ulcerative colitis

A controlled double-blind trial was conducted to evaluate the efficacy of adalimumab in inducing and maintaining clinical remission in 494 patients with moderate-to-severe ulcerative colitis who received concurrent conventional therapy (oral corticosteroids or immunosuppressants). Primary end points were remission at weeks 8 and 52. Rates of clinical remission were significantly greater in the adalimumab treatment group at both time points when compared with the placebo-treated group. Adalimumab was safe, well-tolerated and effective in patients who did not have an adequate response to conventional therapy.

Original article Sandborn, W. J. *et al.* Adalimumab induces and maintains clinical remission in patients with moderate-to-severe ulcerative colitis. *Gastroenterology* doi:10.1053/j.gastro.2011.10.032

OBESITY

Physical activity can attenuate risk of obesity

The *FTO* gene contains a susceptibility locus for obesity. To determine if physical activity could attenuate the association of *FTO* with obesity risk, Tuomas Kilpeläinen *et al.* conducted a meta-analysis of data from 218,166 adults and 19,268 children. The association of *FTO* with the odds of obesity was attenuated by 27% in physically active adults, although no such effect was found in children.

Original article Kilpeläinen, T. O. *et al.* Physical activity attenuates the influence of *FTO* variants on obesity risk: a meta-analysis of 218,166 adults and 19,268 children. *PLoS Med.* 8, e1001116