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IN BRIEF

CLINICAL TRIALS

Dietary interventions lower serum uric acid levels

In a substudy of the Dietary Approaches to Stop Hypertension (DASH) trial involving 103 patients with prehypertension or stage 1 hypertension, serum uric acid (SUA) levels were reduced to a greater extent by the blood-pressure-lowering DASH diet than by a control diet (-0.35 mg/dl; 95% CI -0.65 to -0.05, $P = 0.02$). The effect size of the DASH diet was greatest and approached that of urate-lowering drug therapy in those with hyperuricaemia ($n = 8$; -1.3 mg/dl; 95% CI -2.50 to -0.08). The substudy also found that compared with a low level of dietary sodium intake, medium and high sodium intake significantly reduced SUA levels regardless of whether patients consumed the DASH diet or the control diet.

ORIGINAL ARTICLE Juraschek, S. P. *et al.* Effects of the Dietary Approaches to Stop Hypertension (DASH) diet and sodium intake on serum uric acid. *Arth. Rheumatol.* http://dx.doi.org/10.1002/art.39813 (2016)

SYSTEMIC LUPUS ERYTHEMATOSUS

Circulating RNA correlates with disease activity

In patients with systemic lupus erythematosus (SLE), many autoantibodies are complexed with short non-conding RNAs such as U1 and Y1. Quantification of these autoantibody–RNA complexes revealed that circulating levels of U1 and Y1 were significantly higher in patients with SLE ($n = 228$) than in healthy controls ($n = 20$). Notably, levels of U1 and Y1 correlated with disease activity (SLEDAI score) and with the expression of interferon-inducible genes in the patients with SLE.

ORIGINAL ARTICLE Doedens, J. R. *et al.* Blood-borne RNA correlates with disease activity and IFN-stimulated gene expression in systemic lupus erythematosus. *J. Immunol.* http://dx.doi.org/10.4049/jimmunol.1601142 (2016)

GUIDELINES

New management recommendations for JDM

A European initiative has published the first evidence-informed consensus-based guidelines that aim to standardize the diagnosis and treatment of juvenile dermatomyositis (JDM) across the continent and thus improve patient outcomes. The committee of 19 paediatric rheumatologists and 2 experts in paediatric exercise physiology and physical therapy reached >80% agreement on 7 overarching principles and 52 recommendations that cover disease assessment, patient monitoring, and treatment of early and refractory disease.

ORIGINAL ARTICLE Enders, F. B. *et al.* Consensus-based recommendations for the management of juvenile dermatomyositis. *Ann. Rheum. Dis.* http://dx.doi.org/10.1136/annrheumdis-2016-209247 (2016)

FIBROMYALGIA

CBT reduces pain-associated fMRI signals

Cognitive behavioural therapy (CBT) improves pain outcomes in patients with fibromyalgia, but the underlying neural mechanisms are unclear. New data show that pain-associated catastrophizing correlated with resting-state functional MRI (fMRI) activity indicating connectivity between pain-processing brain regions in 16 high-catastrophizing patients with fibromyalgia, who were then randomly allocated to receive CBT or education-based treatment for 4 weeks. Catastrophizing was reduced to a significantly greater degree in the CBT group than in the control group post-treatment and at 6-month follow-up. Notably, the CBT-associated clinical improvement correlated with post-treatment reduction of pain-associated fMRI activity.

ORIGINAL ARTICLE Lazaridou, A. *et al.* Effects of cognitive behavioral therapy (CBT) on brain connectivity supporting catastrophizing in fibromyalgia. *Clin. J. Pain* http://dx.doi.org/10.1097/AJP.0000000000000422 (2016)