

IN BRIEF

BONE

Risk of osteoporosis is linked with ulcerative colitis and age. McLaughlin and colleagues studied 53 patients ≥ 50 years of age who had undergone restorative proctocolectomy (RPC) and a BMD scan. They observed osteopenia and osteoporosis in 43.4% and 13.2% of patients, respectively, and found that age at RPC negatively correlated with BMD. The investigators suggest patients over 50 years of age who undergo RPC should be screened for osteoporosis.

Original article McLaughlin, S. D. *et al.* Osteoporosis in patients over 50 years of age following restorative proctocolectomy for ulcerative colitis: is DXA screening warranted? *Inflamm. Bowel Dis.* **16**, 250–255 (2010)

DIABETES

Diabetic nephropathy is prevented using American Diabetes Association (ADA)-recommended treatment targets. Tu *et al.* enrolled a cohort of 1,290 patients with type 2 diabetes mellitus and normoalbuminuria from an Asian population and ensured patients received intensive treatment to meet ADA targets. They found a significant association between achievement of ADA goals for HbA_{1c}, systolic blood pressure and HDL cholesterol and the development of new-onset microalbuminuria.

Original article Tu, S. T. *et al.* Prevention of diabetic nephropathy by tight target control in an Asian population with type 2 diabetes mellitus: a 4-year prospective analysis. *Arch. Intern. Med.* **170**, 155–161 (2010)

OBESITY

Intensive treatments from primary care general practitioners successfully manage extreme obesity and weight-loss maintenance. Ryan and colleagues randomly allocated 597 volunteers with obesity in the Louisiana Obese Subjects Study to receive either intensive medical intervention (IMI) or usual care condition (UCC). Participants who received IMI, which included a strict diet, counseling and pharmacotherapy, had a greater weight loss after 2 years than those who received UCC and used an internet weight-management program.

Original article Ryan, D. H. *et al.* Nonsurgical weight loss for extreme obesity in primary care settings: results of the Louisiana Obese Subjects Study. *Arch. Intern. Med.* **170**, 146–154 (2010)

Community-wide interventions in early childhood can reduce obesity and improve healthy eating in young children. De Silva-Sanigorski *et al.* studied the effectiveness of the Romp & Chomp program conducted between 2004 and 2008 in Australia. The program had a target group of 12,000 children and the researchers found that using multisetting, multistrategy interventions significantly lowered BMI, obesity prevalence and poor diet choices in children aged 2.0–3.5 years.

Original article de Silva-Sanigorski, A. M. *et al.* Reducing obesity in early childhood: results from Romp & Chomp, an Australian community-wide intervention program. *Am. J. Clin. Nutr.* **91**, 831–840 (2010)