

## OBESITY

Inverse associations between long-term weight change and serum concentrations of persistent organic pollutants

Lim, J. S. *et al. Int. J. Obes. (Lond.)* doi:10.1038/ijo.2010.188

Persistent organic pollutants—which are associated with an increased risk of developing various chronic disorders—accumulate in adipose tissue and can be released into the bloodstream as a result of weight loss. Serum levels of several persistent organic pollutants were higher in individuals aged  $\geq 40$  years who reported weight loss than in those who had gained weight over a period of 10 years.

## IBD

The CHOICE trial: adalimumab demonstrates safety, fistula healing, improved quality of life and increased work productivity in patients with Crohn's disease who failed prior infliximab therapy

Lichtiger, S. *et al. Aliment. Pharmacol. Ther.* **32**, 1228–1239 (2010)

Switching to adalimumab could benefit patients with moderate-to-severe Crohn's disease who cannot tolerate or do not respond to infliximab. In an open-label trial, 673 patients (17% primary nonresponders, 83% initial responders) were given adalimumab as both induction and maintenance therapy for a minimum of 8 weeks. 34 of 88 patients demonstrated complete fistula healing, and all patients showed sustained improvements in quality of life and work productivity.

## BARRETT ESOPHAGUS

Endoscopic radiofrequency ablation for Barrett's esophagus: 5-year outcomes from a prospective multicenter trial

Fleischer, D. E. *et al. Endoscopy* **42**, 781–789 (2010)

Treatment with radiofrequency ablation is an effective method of eradicating intestinal metaplasia in patients with nondysplastic Barrett esophagus. 5-year follow-up data on 50 participants in the AIM-II trial showed that eradication was durable in 92% of patients. In the four patients with evidence of recurrence, a further single radiofrequency ablation session completely eliminated the metaplastic cells.

## LIVER

Non-alcoholic cirrhosis and the risk of stroke: a 5-year follow-up study

Chen, Y.-H. *et al. Liver Int.* doi:10.1111/j.1478-3231.2010.02350.x

In a population-based study from Taiwan, 7.5% of 2,336 patients with nonalcoholic cirrhosis and 8.7% of 11,680 randomly selected controls experienced stroke during a 5-year period. After accounting for factors including cardiovascular disease, hypertension and diabetes, patients with nonalcoholic cirrhosis still had a reduced risk of stroke (hazard ratio 0.59, 95% CI 0.52–0.67).