

been performed in the 13 discordant cases, half the diagnoses — 6 or 7 of the 51 positive cases, or 13% — could have been missed, assuming random choice of the right or left side.

COMMENT

Bilateral temporal artery biopsy can enhance diagnostic yield for patients with suspected GCA. In several previous reports, discordance between left and right biopsies ranged from 3% to 45%. The decision to perform bilateral biopsies simultaneously (as an initial step) or sequentially (with contralateral biopsy done only if the first biopsy is negative) can be individualized. For example, the sequential approach might make sense in patients with unilateral tenderness or thickening of a temporal artery. Another variable that might affect the incidence of discordance is length of biopsy specimen; mean specimen length was only 13 mm in this series. — **Allan S. Brett, MD**

Breuer GS et al. Rate of discordant findings in bilateral temporal artery biopsy to diagnose giant cell arteritis. J Rheumatol 2009 Apr; 36:794.

Drink Water to Prevent Obesity

A school-based intervention to promote water consumption lowered risk for children becoming overweight.

Few simple and successful interventions to prevent obesity in children have been described. To determine whether promoting water consumption will prevent children from becoming overweight, investigators conducted a clinical trial in a random sample of 32 schools located in economically depressed areas of two neighboring German cities. Outcomes of 1641 second- and third-grade students at 17 intervention schools were compared with those of 1309 students at 15 control schools.

In the intervention schools, one or two water fountains were installed, children were given water bottles at the beginning of the school year and 4 months later, and teachers delivered four prepared classroom lessons about water needs of the body. At baseline, 24.5% of children were overweight.

At the end of the school year, 23.5% of children in the intervention group and 27.8% of children in the control group were overweight — a significant difference. Children in the intervention group reported consuming significantly more water than those in the control group (mean difference, about 8 oz daily).

COMMENT

Could an answer to obesity be this simple — drink more water? In similar trials, designed to lower intake of sugar-sweetened beverages, researchers found that positive behaviors were difficult to sustain. Nevertheless, encouraging children (and parents) to drink more water seems to be an easy and reasonable way to fight the obesity epidemic. — **Howard Bauchner, MD**

Muckelbauer R et al. Promotion and provision of drinking water in schools for overweight prevention: Randomized, controlled cluster trial. Pediatrics 2009 Apr; 123:e661.