15

19

27

TABLE OF CONTENTS

MEDICAL GRAND ROUNDS

Deep brain stimulation reduces symptoms of Parkinson disease

When medications fail to control the symptoms of Parkinson disease, either surgery or a small implanted electrical device can help. With an illustration of how deep brain stimulation works.

E.B. MONTGOMERY, JR

INTERNAL MEDICINE BOARD REVIEW

A 47-year-old man with leiomyosarcoma and altered mental status

What is the likely cause of this patient's symptoms? A self-quiz on a clinical case.

H.S. GURM AND G.T. BUDD

REVIEW

Underused options for preventing and treating influenza

We have the means to prevent most cases of influenza, and to reduce the severity of cases that occur.

S.B. MOSSAD

INTERPRETING KEY TRIALS

Zinc lozenges for the common cold

Clinical trials of zinc cold therapy have produced conflicting results.

M.L. MACKNIN

The Breast Cancer Prevention Trial (P-1 study): 33 The role of tamoxifen in preventing breast cancer

Tamoxifen can reduce the incidence of breast cancer by nearly half in women at high risk, but at the price of increased endometrial cancer and thromboembolism. An illustration shows the differing effects of tamoxifen in different organs.

B.A. OVERMOYER

CONTINUED ON PAGE 4

DEDICATED TO LIFELONG LEARNING

CLEVELAND CLINIC JOURNALOF MEDICINE



EDITOR S

JOHN D. CLOUGH, MD Editor-in-Chief
LINDA K. HENGSTLER Editor and Publisher
PHILLIP E. CANUTO Executive Editor
RAY BORAZANIAN Managing Editor
DAVID A. HUDDLESTON Manuscript Editor
LOUISA R. PASKERT Editorial Assistant
JACQUELIUS R. WERNER Editorial Assistant/Reprints

EDITORIAL ADVISORY BOARD

MUZAFFAR AHMAD, MD
WILMA FOWLER BERGFELD, MD
EMMANUEL L. BRAVO, MD
RAY W. GIFFORD, JR, MD
WILLIAM R. HART, MD
ERIC A. KLEIN, MD
FLOYD D. LOOP, MD
DOUGLAS S. MOODIE MD
RICHARD H. NODAR, PHD
WILLIAM L. PROUDFIT, MD
WILLIAM C. SHELDON, MD
ERIC J. TOPOL, MD
HERBERT P. WIEDEMANN, MD

ASSOCIATE EDITORS

DAVID BRONSON, MD REN H BROUHARD NO WILLIAM D. CAREY, ND WILLIAM A. CHILCOTE, MD AMANDA L. CURNOCK, MD RONALD E. DOMEN, MD BRIAN G. DONLEY, MD GARY FRANCIS, MD STEVEN M. GORDON, MD GARY HOFFMAN, MD BYRON J. HOOGWERF, MD ANIL K. JAIN, MD MANI S. KAVURU, MD MANDY C. LEONARD, PHARMD ANGELO A. LICATA, MD, PHD DAVID L. LONGWORTH, MD STEPHEN MAHONEY, MD MAURIE MARKMAN, MD ATUL C. MEHTA, MD NEIL B. MEHTA, MD FRANKLIN A. MICHOTA, MD STEVEN NISSEN, MD ROBERT M. PALMER, MD

VAKESH RAJANI, MD
NORMAN B. RATLIFF, MD
S. SETHU K. REDDY, MD
MARK ROTH, MD
CATHY A. SILA, MD
HOLLY L. THACKER, MD
JAMES THOMAS, MD
DONALD G. VIDT, MD
WILLIAM S. WILKE, MD
MARC WILLIAMS, MD
JAMES B. YOUNG, MD
ZOBAIR YOUNGSSI, MD

EDITORIAL STAFF
JESSICA ANCKER
Editorial Services

BRUCE M. MARICH Production Manager

MEDICAL ART DIRECTOR
ROBERT J. DEMAREST

MEDICAL ILLUSTRATOR
NANCY HEIM, CMI

CLEVELAND CLINIC FOUNDATION DIVISION OF EDUCATION ANDREW J. FISHLEDER, MD Chairman PHILLIP R. GARD Administrator

The Cleveland Clinic Journal of Medicine (ISSN 0891-1150) is published 10 times yearly by The Cleveland Clinic Foundation.

STATEMENTS AND OPINIONS expressed in the Cleveland Clinic Journal of Medicine are those of the authors and not necessarily of The Cleveland Clinic Foundation or its Board of Trustees.

CONFLICTS OF INTEREST: Current guidelines state that participants in CME activities should be made aware of any affiliation or financial interest that may affect an author's article. Each author has been requested to complete a disclosure form. The names of any authors declaring a potential conflict of interest are indicated with an asterisk.

SUBSCRIPTION RATES: U.S. and possessions: personal \$70; institutional \$90; single copy/back issue \$10. Foreign: \$90; single copy/back issue \$12. Institutional (multiple-reader rate) applies to libraries, schools, hospitals, and federal, commercial, and private institutions and organizations. Individual subscriptions must be in the names of, billed to, and paid by individuals.

POSTMASTER ADDRESS CHANGES: Cleveland Clinic Journal of Medicine, EE37, 9500 Euclid Avenue, Cleveland, OH 44195

SUBSCRIPTIONS, EDITORIAL, REPRINTS, AND PRODUCTION: (same address as above)

Phone (216) 444-2661 • Fax (216) 444-9385 • E-mail, ccjm@cesmtp.ccf.org

http://www.ccjm.org

ADVERTISING: Joseph Dennehy, Director, Sales and Marketing, 120 Castle Ridge Rd, Manhasset, NY11030 • Phone (516) 365-8640 • Fax (516) 365-0587



COPYRIGHT© 1999 THE CLEVELAND CLINIC FOUNDATION PRINTED IN U.S.A.



48

59

63

CONTINUED FROM PAGE 2

REVIEW

Constipation:	41
An approach to diagnosis, treatment, referral	

A stepwise, empiric approach suffices in most cases, but specialized testing is available for the minority of patients with severe, refractory constipation.

E.E. SOFFER

REVIEW

Complications of sickle cell anemia in adults: Guidelines for effective management

Patients with sickle cell disease are surviving longer, but still face a lifetime of complications and crises.

S.K. BALLAS

CANCER DIAGNOSIS AND MANAGEMENT

Diagnosis and management of superior vena cava syndrome

The first manifestations of lung cancer or lymphoma may be due to compression of the superior vena cava.

M. MARKMAN

DEPARTMENTS

Dear	Colleague		

CME Calendar



CME Credit Test

VISIT OUR WEB SITE AT HTTP://WWW.CCJM.ORG

■ The Cleveland Clinic Journal of Medicine is peer-reviewed and indexed in Index Medicus.

UPCOMING FEATURES

Evaluating back pain in the elderly

Sorting out the myriad potential causes of this common complaint.

- Making sense of the different guidelines for risk stratification and screening.
- In hypertension, how far should blood pressure be lowered?
- A step-by-step approach to evaluating the cause of a fall and preventing future falls.
- Steroid-induced osteoporosis
 Start thinking about osteoporosis
 as soon as you put someone on
 long-term steroids.

