



CLEVELAND CLINIC JOURNAL OF MEDICINE



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*
JACQUELINE R. WERNER *Editorial Assistant/Reprints*

TABLE OF CONTENTS

MEDICAL GRAND ROUNDS

How to use low-molecular weight heparin for outpatient management of deep vein thrombosis 329

Outpatient use of low-molecular weight heparins requires careful planning and patient education. This article features an algorithm used at the Cleveland Clinic.

S.R. DEITCHER, J.W. OLIN, AND J. BARTHOLOMEW

IM BOARD REVIEW

A 57-year-old woman with pulmonary infiltrates and eosinophilia 335

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

A. LOBO AND R.A. DWEIK

REVIEW

A common-sense approach to chronic fatigue in primary care 343

Chronic fatigue is a mystery. This does not mean that it is not real, or that physicians cannot help.

D.C. ANG AND L.H. CALABRESE

PIONEERS IN MEDICINE

Sones' laws of clinical conduct 353

Remembering one of the fathers of modern cardiology, and the principles he lived by.

W.L. PROUDFIT

REVIEW

Review of newer contraceptive agents 358

The latest in oral contraceptives, injectable progesterone, subdermal progestin implants, progesterone-releasing IUDs, emergency contraception, and male contraception.

M. QURESHI AND M. ATTARAN

EDITORIAL ADVISORY BOARD

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

ASSOCIATE EDITORS

ALEJANDRO C. ARROLIGA, MD
DAVID BRONSON, MD
BEN H. BROUHARD, MD
WILLIAM D. CAREY, MD
WILLIAM A. CHILCOFF, MD
AMANDA L. CURNOCK, 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, PHARM D
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. MICHCTA, 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
FRANCK SKOBIERANDA, MD
HOLLY L. THACKER, MD
JAMES THOMAS, MD
DONALD G. VIDT, MD
WILLIAM S. WILKE, MD
MARC WILLIAMS, MD
JAMES B. YOUNG, MD
ZOBIAIR YOUNOSSEI, MD

EDITORIAL STAFF

JESSICA ANCKER
Editorial Services

BRUCE M. MARICH
Production Manager

ART DIRECTOR

JOHN E. PRESSELLO

MEDICAL ART DIRECTOR

ROBERT J. DEMAREST

MEDICAL ILLUSTRATOR

NANCY HEIM, CMI

CLEVELAND CLINIC FOUNDATION DIVISION OF EDUCATION

ANDREW J. FISHLER, 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*, NA32, 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@ccf.org http://www.ccjm.org

ADVERTISING: Joseph Dennehy, Director, Sales and Marketing, 120 Castle Ridge Rd, Manhasset, NY 11030 • Phone (516) 365-8640 • Fax (516) 365-0587

CONTINUED ON PAGE 324



CONTINUED FROM PAGE 322

CURRENT DRUG THERAPY

Inhibitors of tumor necrosis factor (TNF): New treatment options for rheumatoid arthritis 367

The treatment of autoimmune diseases took a big step forward recently with the release of new drugs that target one of the key cytokines in the inflammatory process. With an illustration showing how the new drugs block tumor necrosis factor.

L.W. MORELAND

INFECTIOUS DISEASE ALERT

Listeriosis: Recognizing it, treating it, preventing it 375

Listeria monocytogenes has become a major pathogen in foodborne illness. In listerial meningitis, the most common manifestation, the mortality rate exceeds 20%.

A.J. TAEGE

DEPARTMENTS

Dear Colleague 327



CME Credit Test 383

VISIT OUR WEB SITE AT [HTTP://WWW.CCJM.ORG](http://www.ccjm.org)

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

UPCOMING FEATURES

- An empiric approach to acute cystitis**
A simple algorithm is effective and saves time.
- H pylori* and functional dyspepsia**
What studies show about whether to treat.
- Coronary angiography**
Still the gold standard, but no longer on a pedestal of infallibility.
- Gulf war syndrome**
What is known? What is not?
- The threat of bioterrorism**
Would we recognize an attack, should one occur?
- Fever of unknown origin**
Finding the etiology of a puzzling case.

