



TABLE OF CONTENTS

FROM THE EDITOR

Louisa Paskert, aide to five CCJM editors, to retire after 34 years 544

As our editorial assistant, Louisa contributes to every aspect of the *Journal*.

L.K. HENGSTLER

1-MINUTE CONSULT



What is the appropriate initial dose of corticosteroids to treat giant cell arteritis? 546

A lower dose than traditionally used may be enough to control symptoms and prevent blindness while minimizing adverse effects.

W.S. WILKE

MEDICAL GRAND ROUNDS

Maximizing antihypertensive management in the elderly 551

A checklist of specific considerations when treating hypertension in the elderly.

N. KAPLAN

MEDICAL GRAND ROUNDS

Palliative medicine: Old dogs and new tricks 557

Some older drugs can be used for off-label indications, to either substitute for or augment the palliative action of approved drugs.

M.P. DAVIS

COMMENTARY

In cholesterol lowering, moderation kills 560

The author's experience indicates that a low-fat, plant-based diet can lower cholesterol to less than 150 mg/dL and reverse coronary artery disease.

C.B. ESSELSTYN, JR.

COMMENTARY

Of rice, grain, and zeal: Lessons from Drs. Kempner and Esselstyn 565

Two physicians who successfully motivated their patients to make lifestyle changes were true believers.

N.B. RATLIFF

CONTINUED ON PAGE 540

CLEVELAND CLINIC JOURNAL OF MEDICINE



JOHN D. CLOUGH, MD Editor-in-Chief
BRIAN F. MANDELL, MD, PHD Deputy Editor
LINDA K. HENGSTLER Editor and Publisher
PHILIP E. CANUTO Executive Editor
RAY BORAZANIAN Managing Editor
DAVID A. HUDDLESTON Manuscript Editor
ERMA RICHARDSON Department Coordinator
LOUISA R. PASKERT Editorial Assistant
AUDRA BUTDORF Editorial Assistant/Reprints
JESSICA ANCKER, ELS Editorial Services
BRUCE M. MARICH Production Manager
AMY SLUGG MOORE Patient Education Editor
MARY BETH GLAUSER Patient Education Writer
JOHN E. PRESSELLO Art Director
ROBERT J. DEMAREST Medical Art Director
NANCY HEIM, CMI Medical Illustrator

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. SHELTON, MD
ERIC J. TOPOL, MD
HERBERT P. WIEDEMANN, 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. MICHOTA, MD
STEVEN NISSEN, MD
ROBERT M. PALMER, MD
NORMAN B. RATLIFF, MD
S. SETHU K. REDDY, MD
MARK ROTH, MD
DOUGLAS SEIDNER, 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

ASSOCIATE EDITORS

ALEJANDRO C. ARROLIGA, MD
DAVID BRONSON, MD
BEN H. BROUARD, MD
MARIE BUDEV, DO
WILLIAM D. CAREY, MD
WILLIAM A. CHILCOTE, MD
BRIAN G. DONLEY, MD
GARY FRANCIS, MD
KATHLEEN FRANCO-BRONSON, MD
STEVEN M. GORDON MD
BRIAN GRIFFIN, MD
HITINDER GURM, MD
GARY HOFFMAN, MD
BYRON J. HOOGEWEFF, MD
MANI S. KAVURU, MD

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 12 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.

AUTHOR DISCLOSURES: 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 as well as any discussion of off-label drug therapies. All authors, except those indicated with an asterisk and a footnote with the article, have disclosed that they do not have a conflict of interest or will not discuss off-label therapies.

SUBSCRIPTION RATES: U.S. and possessions: personal \$85; institutional \$108; single copy/back issue \$13. Foreign: \$108; single copy/back issue \$13. 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



COPYRIGHT © 2000 THE CLEVELAND CLINIC FOUNDATION
PRINTED IN U.S.A.



CONTINUED FROM PAGE 538

REVIEW

Update on antiviral therapy for genital herpes infection

567

After a first episode, should one give continuous prophylactic treatment or treat recurrences as they arise?

T.A. GEERS AND C.M. ISADA

COMMENTARY

Fibrinolytic therapy in the elderly: Making sense of troubling new findings

574

Do patients older than 75 years with acute MI benefit from fibrinolytic therapy? For now, we have to live with uncertainty.

G.S. FRANCIS

REVIEW

New options for untreatable coronary artery disease

577

Angiogenesis and laser revascularization may help the growing group of patients who have run out of other options.

D. MUKHERJEE AND S.G. ELLIS

CANCER DIAGNOSIS AND MANAGEMENT

Regional delivery of anticancer drugs: Current applications

584

For some cancers, an option is to deliver anticancer drugs directly to the involved region.

M. MARKMAN

REVIEW

Rosacea: An update

587

Early diagnosis and thoughtful management help control the disease and minimize discomfort and emotional distress.

J.K. MCDONNELL AND K.J. TOMECKI

CLINICAL PERSPECTIVE

Long-term outcomes excellent for atrial septal defect repair in adults

591

It's never too late, generally, to patch a hole in the heart, as shown by 25-year follow-up data.

S.D. MOODIE AND R. STERBA



CME Calendar

543

CME Credit Test

599

UPCOMING FEATURES

- Vaginitis: Finding the cause prevents treatment failure
- When to test for genetic thrombosis susceptibility
- What tests are necessary to diagnose Alzheimer disease?
- Treating acute exacerbations of chronic bronchitis
- Managing and avoiding heparin-induced thrombocytopenia
- Heart failure: Diastolic dysfunction is different
- The *Cleveland Clinic Journal of Medicine* is peer-reviewed and indexed in *Index Medicus*.
- VISIT OUR WEB SITE AT [HTTP://WWW.CCMJ.ORG](http://www.ccmj.org)

