

447

449

453

465

## TABLE OF CONTENTS

FROM THE EDITOR .....

#### CME reduction redux: While less isn't more, it's better than none

Like it or not, we have to follow ACCME rules. Other news: Your next certificate of CME credit will be a postcard—watch your mailbox.

J.D. CLOUGH AND P.G. STUDER

1-MINUTE CONSULT...



#### Which medications should be held before a pharmacologic or exercise งการบุง stress test?

This depends on the reason for the test, whether the patient can safely do without the medication, and the type of test.

D.A. UNDERWOOD

IM BOARD REVIEW ......

#### A young man with hyperthermia and new-onset seizures

What is the cause of this patient's symptoms? A self-test.

J.R. QUEEN AND J. GLAUSER

EDITORIAL.

#### **Drug smuggling raises** medical and legal issues

Smugglers are swallowing massive amounts of cocaine packaged in balloons or condoms. The treatment is controversial. And then there are ethical and legal questions.

J. RELLA

### **Educating travelers about malaria: Dealing with resistance and patient noncompliance**

Plasmodium has developed resistance to antimalarial drugs in vast areas of the world, making malaria more difficult to prevent.

K. DARDICK



Protecting yourself against malaria

480

CONTINUED ON PAGE 444



JOHN D. CLOUGH, MD Editor-in-Chief BRIAN F MANDELL MD. PHD Deputy Editor PETER STUDER Publisher PHILLIP E. CANUTO Executive Editor GLENN R. CAMPBELL Executive Editor RAY BORAZANIAN Managing Editor DAVID A. HUDDLESTON Manuscript Editor AMY SLUGG MOORE Patient Education Editor BRUCE M. MARICH Production Manage JOHN E. PRESSELLO Art Director
ROBERT J. DEMAREST Medical Art Director JOSEPH A. PANGRACE Medical Illustrator DAVID R. SCHUMICK Medical Illustrator IRIS OTERO Department Coordinator AUDRA HASKINS Billing/Accounting

EDITORIAL ADVISORY BOARD MUZAFFAR AHMAD, MD

WILMA FOWLER BERGFELD, MD EMMANUEL L. BRAVO, 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 ALEJANDRO C. ARROLIGA, MD DAVID BRONSON, MD WILLIAM D. CAREY, MD DAVID CASEY, MD

BRIAN A. CLARK, PHD, MD BRIAN G. DONLEY, MD GARY FRANCIS, MD KATHLEEN FRANCO-BRONSON, MD STEVEN M. GORDON, MD BRIAN GRIFFIN, MD GARY HOFFMAN MD BYRON J. HOOGWERF, MD JOHN JEWELL, MD

MANI S. KAVURU, MD MANDY C. LEONARD, PHARMD ANGELO A. LICATA, MD, PHD DAVID L. LONGWORTH, 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 HOLLY L. THACKER, MD JAMES THOMAS, MD DONALD G. VIDT, MD WILLIAM S. WILKE, MD MARC WILLIAMS, MD JAMES B. YOUNG, MD

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

REPRINTS: Marsha Fogler

1-800-482-1450 mfogler@medicalreprints.com

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. SUBSCRIPTION RATES: U.S. and possessions: personal \$95; institutional \$120;

single copy/back issue \$16. Foreign: \$120; single copy/back issue \$16. 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, BILLING/ACCOUNTING 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

AUTHORIZATION TO PHOTOCOPY items for internal or personal use is granted by the Cleveland Clinic Journal of Medicine, ISSN 0891-1150, published by The Cleveland Clinic Foundation, provided that the appropriate fee is paid directly to Copyright Clearance Center, 222 Rosewood Drive, Danvers, MA 01923 USA 978-750-8400. Prior to photocopying items for educational classroom use, please contact Copyright Clearance Center, Inc., at the address above. For permission to reprint material, please fax your request with complete information to the Republication department at CCC, fax (978) 750-4470. For further information visit CCC Online at http://www.copyright.com. To order bulk reprints, see above.

AUTHOR DISCLOSURES: This information is intended to apply to CME AUTHOR DISCLOSURES: Ins information is interface to apply to CME articles and non-CME articles that appear in the Journal. 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 do not discuss off-label therapies.

AMP COPYRIGHT® 2002 THE CLEVELAND CLINIC FOUNDATION PRINTED IN U.S.A.



CONTINUED FROM PAGE 442

#### Idiopathic dilated cardiomyopathy: A common but mystifying cause of heart failure

481

488

In most cases, dilated cardiomyopathy has no known cause. That shouldn't stop you from looking for one.

S.B. MOHAN, M. PARKER, M. WEHBI, AND P. DOUGLASS

REVIEW

#### Women and headache: A treatment approach based on life stages

The preventive, abortive, and nonpharmacologic approaches to headache treatment vary during the stages of a woman's life.

L.K. MANNIX, M. DIAMOND, AND E. LODER

#### MEDICAL GRAND ROUNDS .....

#### Update on kidney transplantation: Increasing clinical success, expanding waiting lists

**501** 

Success rates are improving, but the need for organs continues to far exceed the supply.

W.E. BRAUN

#### MEDICAL GRAND ROUNDS

#### Intensive care update: 505 Seven studies that should change your practice

Some of these studies lay to rest widely used but ineffective therapies; others challenge us to establish new standards of care.

A.C. ARROLIGA

DEPARTMENTS .....

Letters to the Editor 448

Remembering some pioneers in heart-valve replacement.

Change of address

466



CME Credit Test 511

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

# UPCOMING FEATURES

- D-dimer and spiral CT for diagnosing pulmonary embolism
- Acute stroke treatment: Beyond IV t-PA
- New treatments for inflammatory bowel disease
- Preventing catheter infections
- HPV and genital warts: Testing, treatment
- Strategies for using oral diabetes drugs
- Preventing catheter infections
- Narrowing the differential diagnosis of hematuria
- Recognizing and preventing malignant melanoma

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

