

TABLE OF CONTENTS

FROM THE EDITOR

Fish oil is no snake oil

174

That cod-liver oil I took as a child, though foul tasting, may have been good for my heart.

J.D. CLOUGH

1-MINUTE CONSULT.....

When and how is it appropriate 179 to terminate the physician-patient relationship?

This should be a last resort, done only in extreme cases, and only after trying to work things out, giving fair warning, and making sure you are not abandoning the patient.

C. SANTALUCIA AND F.A. MICHOTA JR.

REVIEW

Spondyloarthropathies: Using presentation to make the diagnosis

Spondylitis is easy to miss and is often falsely assumed to be "just back pain." Inhibitors of tumor necrosis factor show promise as treatments, but data are still limited.

S. KIRATISEAVEE AND L.H. BRENT

REVIEW.....

Fish oil supplementation: Evidence for health benefits

208

184

We have solid and compelling evidence that two long-chain omega-3 fatty acids help prevent coronary heart disease.

W.S. HARRIS

New series: Keeping up with clinical research 222 that can change your practice

Beginning with this issue, the *Journal* will include brief summaries of important new clinical research.

B.F. MANDELL

Four drugs for 1 day eliminates H pylori 223

Azelaic acid more effective 224 than metronidazole for acne rosacea

CONTINUED ON PAGE 172





JOHN D. CLOUGH, MD Editor-in-Chief BRIAN F. MANDELL, MD, PhD Deputy Editor PETER G STUDER Publisher PHILLIP E. CANUTO Executive Editor, CCJM GLENN R. CAMPBELL Executive Editor, Custom Programs RAY BORAZANIAN Managing Editor DAVID A. HUDDLESTON Manuscript Editor AMY SLUGG MOORE Patient Education Editor BRUCE M. MARICH Production Manager JOSEPH A. PANGRACE Medical Illustrator DAVID R. SCHUMICK Medical Illustrator IOSEPH KANASZ Medical Illustrator IRIS TRIVILINO Department Coordinator CINDY PALMER 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 BRIAN A. CLARK, PHD, MD BRIAN G. DONLEY, MD GARY FRANCIS, MD KATHLEEN FRANCO-BRONSON, MD BENJAMIN J. FREDA, DO STEVEN M. GORDON, MD BRIAN GRIFFIN, MD

GARY HOFFMAN, MD

MANI S. KAVURU, MD

BYRON J. HOOGWERF, MD

MARC WILLIAMS, MD JAMES B. YOUNG, MD CLEVELAND CLINIC FOUNDATION DIVISION OF EDUCATION ANDREW J. FISHLEDER, MD PHILLIP R. GARD

MICHAEL J. LEE, MD MANDY C. LEONARD, PHARMD

ATUL C. MEHTA, MD

NEIL B. MEHTA, MD

STEVEN NISSEN, MD

ANGELO A. LICATA, MD, PHD

DAVID L. LONGWORTH, MD

FRANKLIN A. MICHOTA, MD

ROBERT M. PALMER, MD

NORMAN B. RATLIFF, MD

S. SETHU K. REDDY, MD

DOUGLAS SEIDNER, MD

MARK ROTH, MD

CATHY A. SILA, MD HOLLY L. THACKER, MD

JAMES THOMAS, MD

DONALD G. VIDT, MD WILLIAM S. WILKE, MD

MAURIE MARKMAN, MD

REPRINTS: Beth Ann Rocheleau 1-800-769-7625 brocheleau@rockwaterreprints.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 \$98; institutional \$124; single copy/back issue \$16. Foreign: \$124; 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

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.

DISCLAIMER: This information is provided for general medical education purposes only and is not meant to substitute for the independent medical judgment of a physician relative to the diagnostic and treatment options of a specific patient's medical condition. In no event will The Cleveland Clinic Foundation be liable for any decision made or action taken in reliance upon the information provided through this activity.



AMP COPYRIGHT® 2004 THE CLEVELAND CLINIC FOUNDATION PRINTED IN U.S.A.



CONTINUED FROM PAGE 170

REVIEW.....

Hearing loss is often undiscovered, but screening is easy

225

233

242

Does your patient need a hearing aid? Primary care physicians—the gatekeepers of audiologic care—can play a more active role in improving the hearing of their adult patients.

C.W. NEWMAN AND S.A. SANDRIDGE

Fitz-Hugh-Curtis syndrome: A diagnosis to consider in women with right upper quadrant pain

Fitz-Hugh-Curtis syndrome can mimic many other common disorders, such as cholecystitis and pyelonephritis.

N.G. PETER, L.R. CLARK, AND J.R. JAEGER

REVIEW

What physicians can do to prevent suicide

No one can predict whether any given patient will or will not attempt suicide, but we should notice when a patient might be at risk—and not be afraid to ask about it.

D.J. MUZINA

REVIEW

Omalizumab: Where does it fit 251 into current asthma management?

This drug offers substantial promise, but owing to its cost and other limitations, it is not a first-line therapy.

T.E. RAMBASEK, D.M. LANG, AND M.S. KAVURU

DEPARTMENTS

Correction	22 1
February 2004 CME test.	
CME Calendar	240
Classified Advertisements	262
CME Self-test Online	263

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

UPCOMING FEATURES

- Recognizing and preventing hypoglycemia in diabetes
- Antioxidant therapy: Disproved or untested?
- The case for early insulin therapy in type 2 diabetes
- Cancer drugs get more specific
- Capsule endoscopy: The entire ilium revealed
- How to assess hyponatremia
- Helping patients deal with high drug costs
- **Drug-eluting stents:** The end of restenosis?
- Perioperative nutrition support: Who and how

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

