# TABLE OF CONTENTS

FROM THE EDITOR	
Abdominal aortic aneurysms:	
What we don't seek, we won't find	

We don't find abdominal aortic aneurysms as often as we should. In some patients we should consider ultrasonographic screening.

B.F. MANDELL

### REVIEW Should we screen for abdominal aortic aneurysms?

The short answer is yes, but only in the right patients.

A.A. LATIF, A. ALMAHAMEED, AND M.S. LAUER

### 1-MINUTE CONSULT ......

### What is osteopenia, and what should be done about it?

Because the term "osteopenia" is not useful as a diagnosis and can actually be harmful, I am on a personal crusade to eliminate it from the bone density lexicon.

### N.B. WATTS

### EDITORIAL

### In rebuttal: Osteopenia is a useful diagnosis

Eliminating the term "osteopenia" would foster complacency and a do-nothing attitude toward a serious and common disease.

H.L. THACKER AND B. RICHMOND

#### 1-MINUTE CONSULT.....

# How should we advise patients about the contraceptive patch, given the FDA warning?

In theory, patients could face a higher risk of thromboembolism than with oral contraceptives. But most of all we want to urge them not to simply stop using contraception.

H.L. THACKER, T. FALCONE, A. ATREJA, A. JAIN, AND C.M. HARRIS

### THE CLINICAL PICTURE Severe chest pain in a 32-year-old man

His electrocardiogram shows ST-segment elevation in leads I, II, aVF, and  $V_5$  and  $V_6$ , but no reciprocal changes. What is the diagnosis?

A.G. CARVALHO

CONTINUED ON PAGE 7

# CLEVELAND CLINIC JOURNALOF MEDICINE

EDITORIAL STAFF

BRIAN F. MANDELL, MD, PhD Editor-in-Chief DAVID D. K. ROLSTON, MD Deputy Editor PHILLIP E. CANUTO Executive Editor RAY BORAZANIAN Managing Editor DAVID A. HUDDLESTON Manuscript Editor JOSEPH A. PANGRACE Medical Art Director AMY SLUGG MOORE Patient Education Editor

PUBLISHING OPERATIONS PETER G. STUDER Publisher BRUCE M. MARICH Production Manager IRIS TRIVILINO Department Coordinator LAURIE WEISS Billing/Accounting

CUSTOM PROGRAMS GLENN R. CAMPBELL Executive Editor WAYNE KUZNAR Editorial Project Leader KATHY DUNASKY Department Coordinator

ASSOCIATE EDITORS ALEJANDRO C. ARROLIGA, MD DAVID BRONSON, MD DANIEL J. BROTMAN, MD WILLIAM D. CAREY, MD GARY FRANCIS, MD KATHLEEN FRANCO-BRONSON, MD STEVEN M. GORDON, MD BRIAN GRIFFIN, MD THOMAS J. HELTON, DO GARY HOFFMAN, MD BYRON J. HOOGWERF, MD AMIR JAFFER, MD GURJIT KAUR, DO DERK W. KRIEGER, MD MANDY C. LEONARD, PharmD ANGELO A. LICATA, MD, PhD FRANCISCO J. MARRERO, MD ATUL C. MEHTA, MD FRANKLIN A. MICHOTA, MD ROBERT M. PALMER, MD S SETHUK REDDY MD DOUGLAS SEIDNER, MD

BERNARD J. SILVER, MD DONALD G. VIDT, MD WILLIAM S. WILKE, MD MARC WILLIAMS, MD

EDITORS EMERITUS JOHN D. CLOUGH, MD HERBERT P. WIEDEMANN, MD JAMES S. TAYLOR, MD

# CLEVELAND CLINIC

DELOS M. COSGROVE, MD President and Chief Executive Officer

CLEVELAND CLINIC FOUNDATION DIVISION OF EDUCATION

ANDREW J. FISHLEDER, MD Chairman PHILLIP R. GARD Administrator

REPRINTS: Laurie Weiss 216-444-2661 E-mail ccjm@ccf.org

Cleveland Clinic Journal of Medicine (ISSN 0891-1150) is published monthly by The Cleveland Clinic Foundation from editorial offices at 9500 Euclid Avenue, Cleveland, Ohio A4195, Application to mail at Periodicals Postage Rates is pending at Cleveland, Ohio, and at additional mailing offices. POSTMASTER: Send address changes to Cleveland Clinic Journal of Medicine, NA32, 9500 Euclid Avenue, Cleveland, OH 44195

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 \$103; institutional \$129; single copy/back issue \$18. Foreign: \$129; single copy/back issue \$18. 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.

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) 750-470. 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.

COPYRIGHT© 2006 THE CLEVELAND CLINIC FOUNDATION PRINTED IN U.S.A.



4 CLEVELAND CLINIC JOURNAL OF MEDICINE VOLUME 73 • NUMBER 1 JANUARY 2006



29

34

45

49

8

# UPCOMING FEATURES

- Update on C difficile: The new and the old strains
- Do thiazolidinediones cause heart failure?
- Anemia in renal failure: Should everyone get EPO?
- Aldosterone antagonists: Expanding uses in heart failure
- Studies in ARDS that changed our practice
- Treating the many symptoms of multiple sclerosis
- Posttraumatic stress disorder is not just in soldiers
- Evaluating and managing low gamma globulin
- A hypertensive emergency in an obese young woman
- VISIT OUR WEB SITE AT WWW.CCJM.ORG



# **JANUARY 2006**

### CONTINUED FROM PAGE 4

### REVIEW ...

# Familial hypercholesterolemia: A challenge of diagnosis and therapy

Many people have high cholesterol, but a distinct minority have extremely high levels due to genetic defects in lipoprotein metabolism. They need our special attention.

C. SIBLEY AND N.J. STONE

### REVIEW...

# Diabetes insipidus: Diagnosis and treatment of a complex disease

Diabetes insipidus can be life-threatening, and the treatment depends on the cause in the individual patient.

A.N. MAKARYUS AND S.I. MCFARLANE

### REVIEW.....

# Contrast-induced nephropathy: How it develops, how to prevent it

The evidence and our recommendations for using hydration, *N*-acetylcysteine, sodium bicarbonate, theophylline, and hemofiltration.

M.R. RUDNICK, A. KESSELHEIM, AND S. GOLDFARB

# REVIEW .....

# Multiple sclerosis: Advances in understanding, diagnosing, and treating the underlying disease

In spite of setbacks, the future holds hope for patients and clinicians struggling against this disease.

R.J. FOX, F. BETHOUX, M.D. GOLDMAN, AND J.A. COHEN

ATIENT-ORIENTED EVIDENCE THAT MATTERS (POEMs) Antibiotics with atypical bacteria coverage unnecessary	26
Flu shots are effective in elderly	41
Interferon gamma-1b reduces idiopathic pulmonary fibrosis mortality	56
Vasodilators ineffective for severe asymptomatic aortic regurgitation	72
DEPARTMENTS	24
CME Calendar	24
Instructions for Authors	88
CME Credit Test	103

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

cleveland clinic journal of medicine volume 73  $\cdot$  number 1 january 2006 7



75

91

57