

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 *Executive Publisher*
BRUCE M. MARICH *Production Manager*
IRIS TRIVILINO *Department Coordinator*
LAURIE WEISS *Accountant (Billing)*

CUSTOM PROGRAMS

GLENN R. CAMPBELL *Executive Editor*
KATHY DUNASKY *Production Manager*

ASSOCIATE EDITORS

ALEJANDRO C. ARROLIGA, MD
ARMAN T. ASKARI, MD
DANIEL J. BROTMAN, MD
WILLIAM D. CAREY, MD
RUTH M. FARRELL, MD, MA
GARY FRANCIS, MD
KATHLEEN FRANCO-BRONSON, MD
STEVEN M. GORDON, MD
BRIAN GRIFFIN, MD
BYRON J. HOOGWERF, MD
AMIR JAFFER, MD
MANDY C. LEONARD, PharmD
ANGELO A. LICATA, MD, PhD
ATUL C. MEHTA, MD
FRANKLIN A. MICHOTA, MD
ROBERT M. PALMER, MD
HATAYA POONYAGARIYAGORN, MD
BERNARD J. SILVER, MD
RACHEL M. TALIERCIO, DO

ALEXANDRA VILLA-FORTE, MD, MPH
DONALD G. VIDT, MD
WILLIAM S. WILKE, MD
MARC WILLIAMS, MD

EDITORS EMERITI

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

EDUCATION INSTITUTE
ANDREW J. FISHLER, 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 (print), ISSN 1939-2869 (online)] is published monthly by Cleveland Clinic from editorial offices at 9500 Euclid Avenue, Cleveland, OH 44195. Periodicals postage paid at Cleveland, OH, and at additional mailing offices. POSTMASTER: Send address changes to the *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 Cleveland Clinic or its Board of Trustees.

SUBSCRIPTION RATES: U.S. and possessions: personal \$108; institutional \$134; single copy/back issue \$20. Foreign: \$134; single copy/back issue \$20. 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 • Web site 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
• E-mail jjoedennehy@verizon.net

AUTHORIZATION TO PHOTOCOPY items for internal or personal use is granted by the *Cleveland Clinic Journal of Medicine* [ISSN 0891-1150 (print), ISSN 1939-2869 (online)], published by Cleveland Clinic, 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 Reproduction department at CCC, fax (978) 750-4470. For further information visit CCC online at www.copyright.com. To order bulk reprints, see above.

DISCLAIMER: The information in this educational activity is provided for general medical education purposes only and is not meant to substitute for the independent medical judgment of a physician relative to diagnostic and treatment options of a specific patient's medical condition. The viewpoints expressed in this CME activity are those of the authors. They do not represent an endorsement by The Cleveland Clinic Foundation. 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 CME activity.

COPYRIGHT © 2008 THE CLEVELAND CLINIC FOUNDATION. ALL RIGHTS RESERVED. PRINTED IN U.S.A.

TABLE OF CONTENTS

FROM THE EDITOR

And then there were none? 616 An internist's reflections

In this issue, Dr. Thomas Lansdale eloquently expresses a common theme: medicine just isn't that much fun anymore. We'd like to hear some solutions.

B.F. MANDELL

COMMENTARY

A medical center is not a hospital 618

After 23 years in hospital medicine, a department chairman and clinician-educator calls it quits.

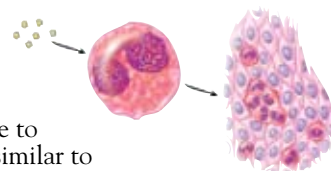
T.F. LANSALE III

REVIEW

Eosinophilic esophagitis: 623 An increasingly recognized cause of dysphagia, food impaction, and refractory heartburn

This disease, which was not described as a distinct clinical entity until 1993, may be due to allergic and immune-mediated mechanisms similar to those of asthma and other atopic diseases.

I.T. NONEVSKI, E. DOWNS-KELLY, AND G.W. FALK



THE CLINICAL PICTURE

A 51-year-old man with nodular lesions 638

He presents with a 1-year history of episodic pain, swelling, and stiffness in some of the metacarpophalangeal and proximal interphalangeal joints of his fingers. What is the most likely diagnosis?

S. CHATTERJEE

REVIEW

New asthma guidelines emphasize control, 641 regular monitoring

The goal of asthma therapy is to achieve control, thereby reducing current impairment and future risk. Asthma control can be assessed serially by using validated instruments.

D.M. LANG

CONTINUED ON PAGE 615

UPCOMING FEATURES

- The ACCORD trial:
Does intensive therapy
of type 2 diabetes
help or harm?
- Aim for lower blood pressure
and urinary albumin in
chronic kidney disease
- Who benefits from
carotid stenting?
- What to do about
a pituitary incidentaloma
- Using markers of bone
turnover in clinical practice
- Constipation:
A guide for internists
- Skin problems of diabetes
and its treatment

■ VISIT OUR WEB SITE AT WWW.CCJM.ORG



DEDICATED TO LIFELONG LEARNING
CLEVELAND
CLINIC
JOURNAL OF
MEDICINE

CONTINUED FROM PAGE 611

CURRENT DRUG THERAPY

Perioperative statins: More than lipid-lowering? 654

Soon, the checklist for internists seeing patients about to undergo surgery may include prescribing one of the lipid-lowering drugs called statins.

L.S. FELDMAN AND D.J. BROTMAN

REVIEW

What is the proper workup of a patient with hypertension? 663

If we were to launch an intensive workup for every patient with high blood pressure, the cost and effort would be enormous. Fortunately, accurate blood pressure measurement, a focused history and physical examination, and a handful of basic tests are often enough.

R. KATAKAM, K. BRUKAMP, AND R.R. TOWNSEND

IM BOARD REVIEW.....

A case of refractory diarrhea 677

She has a history of irritable bowel syndrome, but could it be something more? A self-test on a clinical case.

J. MONTI, J.H. ISAACSON, AND B. LASHNER

DEPARTMENTS

Instructions for the Online CME test 634

CME Calendar 673