

CLEVELAND CLINIC JOURNAL OF MEDICINE

EDITORIAL STAFF

BRIAN F. MANDELL, MD, PhD *Editor-in-Chief*
 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*
 KRISTI THOMSEN *Exec. Editor, Special Assignments*
 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
 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 \$115; institutional \$143; single copy/back issue \$20. Foreign: \$160; 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 joe Dennehy@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 © 2009 THE CLEVELAND CLINIC FOUNDATION. ALL RIGHTS RESERVED. PRINTED IN U.S.A.



JANUARY 2009

TABLE OF CONTENTS

FROM THE EDITOR

Surprises and reaffirmations in 2008 clinical trials 6

Clinical trials in 2008 showed us that too much glucose is bad, but trying too hard to lower it may be worse. Low-density lipoprotein cholesterol promotes cardiovascular morbidity, and starts to do so even when the person is apparently healthy.

B.F. MANDELL

THE CLINICAL PICTURE.....

A persistently swollen lip 12

An otherwise healthy man has had asymptomatic swelling of his lower lip for 10 months. What is the cause? What is the treatment?

S. VAÑO-GALVÁN, P. MORENO-MARTIN, J-M. ARRAZOLA, AND P. JAÉN

REVIEW

Hepatitis B: A strategy for evaluation and management 19

A single approach to treatment cannot be applied to all patients. Acute, adult-acquired infection rarely requires treatment, whereas treatment for chronic infection should be based on the patient's clinical situation and test results.

H.M. ELGOUHARI, T.I. ABU-RAJAB TAMIMI, AND W. CAREY

INTERPRETING KEY TRIALS

JUPITER to Earth: A statin helps people with normal LDL-C and high CRP, but what does it mean? 37

How low should we go with low-density lipoprotein cholesterol, and at what cost? What is the role of screening C-reactive protein? The JUPITER study partially answered these questions.

M.H. SHISHEBOR AND S.L. HAZEN

CONTINUED ON PAGE 4

■ VISIT OUR WEB SITE AT WWW.CCJM.ORG

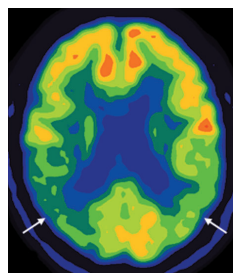
CONTINUED FROM PAGE 3

CME CREDIT 1-MINUTE CONSULT 45
Who should receive the shingles vaccine?

The answer: Nearly everyone who is age 60 and older, immunocompetent, and without contraindications to it.

A. SINGH AND K. ENGLUND

CME CREDIT REVIEW 49
**Alzheimer disease:
 Time to improve its diagnosis
 and treatment**



Basic research is bringing a much-needed infusion of optimism and urgency to the clinical diagnosis and treatment of Alzheimer disease. Some of its risk factors may be modifiable, and although current drugs offer only modest benefit, true disease-modifying drugs are on the horizon.

S. SALLOWAY AND S. CORREIA

CME CREDIT REVIEW 59
**Depression and heart disease:
 What do we know, and where are we headed?**

Depression is a risk factor for new cardiac disease and has a detrimental effect in established cardiac disease. Clinicians should routinely screen for it in cardiac patients and should not hesitate to treat it.

L. POZUELO, J. ZHANG, K. FRANCO, G. TESAR, M. PENN, AND W. JIANG

DEPARTMENTS 8
CME Calendar
About our CME Self-test Online **71**

To receive CME credit, read the selected articles in this issue and then go online to take the test. It should take about 1 hour and 30 minutes to complete this activity.
 Release date: January 1, 2009.
 Expiration date: December 31, 2009.

UPCOMING FEATURES

- Update in diagnosis of acute MI
- What workup for a palpable breast mass?
- Psychiatric symptoms in dementia: Treatable, but no silver bullets
- Cancer and clots: All VTE is not the same
- Optic neuritis: A harbinger of MS
- When are anticoagulants safe in pregnancy?
- The varieties of pet bird zoonosis
- How do omega-3 fatty acids improve heart health?



DEDICATED TO LIFELONG LEARNING
**CLEVELAND
 CLINIC
 JOURNAL OF
 MEDICINE**