

CLEVELAND CLINIC JOURNAL OF MEDICINE

EDITORIAL STAFF

BRIAN F. MANDELL, MD, PhD *Editor-in-Chief*
TIMOTHY GILLIGAN, MD, MS *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*
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
CHRISTIAN NASR, MD
ROBERT M. PALMER, MD
HATAYA POONYAGARYAGORN, MD
DAVID D. K. ROLSTON, MD
BERNARD J. SILVER, MD
TYLER STEVENS, MD
THEODORE SUH, MD, PhD, MHSc

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
JAMES K. STOLLER, MD, MS
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 joeedennehy@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.

AMM



JUNE 2009

TABLE OF CONTENTS

FROM THE EDITOR

Bone quality: A soft concept, hard to ignore 328

How can we better predict who, given a low T score, will have a fractured hip or spine and who will not?

B.F. MANDELL

REVIEW

Bone density vs bone quality: What's a clinician to do? 331

Denser bone is not necessarily stronger. The concept of bone strength has moved beyond density alone and now includes a number of characteristics collectively referred to as *bone quality*.

A. LICATA

INFECTIOUS DISEASE UPDATE

The resurgence of swine-origin influenza A (H1N1) 337

The health care system is mobilizing, while the world watches to see if this infection will become a pandemic or will just fade away, like the swine flu outbreak of 1976.

S.B. MOSSAD

COMMENTARY

New developments in the diagnosis of fibromyalgia syndrome: Say goodbye to tender points? 345

The Symptom Intensity Scale score can be used to identify and quantify fibromyalgia syndrome from information supplied by a simple questionnaire.

W.S. WILKE

IM BOARD REVIEW

A 72-year-old man with a purpuric rash 353

He has multiple medical problems and a new rash that appeared 2 weeks ago. Now he presents to the emergency department confused and diaphoretic. What is the cause of his symptoms?

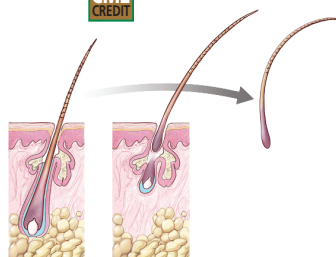
S.S. GOEL AND C.A. LANGFORD

CONTINUED ON PAGE 324

CONTINUED FROM PAGE 323



REVIEW



Diffuse hair loss: Its triggers and management

361

Triggers include a wide variety of physical or emotional stresses, nutritional deficiencies, and endocrine imbalances. Finding the cause enables appropriate treatment.

S. HARRISON AND W. BERGFELD



REVIEW

Is telemetry overused? Is it as helpful as thought?

368

Cardiac telemetry is widely used in hospitals, but it is expensive and labor-intensive. Therefore, it should be used only in those most likely to benefit.

M.N. HENRIQUES-FORSYTHE, C.C. IVONYE, U. JAMCHED, L.K.K. KAMUGUISHA, K.A. OLEJEME, AND A.E. ONWUANYI

THE CLINICAL PICTURE

Soft tissue atrophy after corticosteroid injection

373

Although it is rare, patients still need to be told about this potential adverse effect.

P.J. PAPADOPOULOS AND J.D. EDISON

DEPARTMENTS

Letters to the editor

329

Readers comment on articles on the diagnosis of acute myocardial infarction (March 2009) and the shingles vaccine (January 2009).

Correction

330

A disclosure was omitted from Kim L, Lipton S, Deodhar A. Pregabalin for fibromyalgia: some relief but no cure. *Cleve Clin J Med* 2009; 76:255–261.

CME calendar

344

About our CME Self-test Online

375

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: June 1, 2009. Expiration date: May 31, 2010.

UPCOMING FEATURES

- A guide to newer modes of mechanical ventilation
- Treating atrial fibrillation with catheter ablation
- How menopause affects oral health
- Back pain made simple
- When is MRI indicated to diagnose breast cancer?
- Do probiotics have a role in treating *C difficile*?
- News in prostate cancer screening and prevention
- Measure natriuretic peptides in chronic kidney disease?
- What benefit from coronary stents, grafts, drugs?



DEDICATED TO LIFELONG LEARNING

CLEVELAND
CLINIC
JOURNAL OF
MEDICINE