

TABLE OF CONTENTS

FROM THE EDITOR.....

**The pretravel visit:
A 'teaching moment'** 224

Often, a pretravel visit is also a good time to introduce concepts of preventive health to patients who might not otherwise be accessible or amenable.

B.F. MANDELL

THE CLINICAL PICTURE.....

Giant nodules on the hands 225

A 78-year-old man with hyperuricemia treated with allopurinol presents with asymptomatic nodules on both hands. What is the most likely diagnosis?

S. ARIAS-SANTIAGO, J. ANEIRO-S-FERNÁNDEZ, H. HUSEIN-EL-AHMED,
M.S. GIRÓN-PIETO, M.A. FERNÁNDEZ-PUGNAIRE, AND R. NARANJO-SINTES

1-MINUTE CONSULT.....

**When should serum amylase
and lipase levels be repeated
in a patient with acute pancreatitis?** 230

In general, repeating these measurements has no value once the diagnosis of acute pancreatitis is made.

B. YEGNESWARAN AND C.S. PITCHUMONI

THE CLINICAL PICTURE.....

Bony bridge of a bifid rib 232

A 21-year-old man presents with 3 days of cough and hemoptysis. A chest x-ray reveals a congenital anomaly.

E. KUPELI AND G. ULUBAY



REVIEW.....

**Breaking the cycle
of medication overuse headache** 236

Some migraine patients fall into a trap by overusing their headache medications. Fortunately, we can break the cycle.

S.J. TEPPER AND D.E. TEPPER

CONTINUED ON PAGE 220

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

FINANCIAL DISCLOSURES

Cleveland Clinic Journal of Medicine's staff disclose the following financial relationships that may be relevant to their editorial roles: Dr. Brian F. Mandell (editor-in-chief) reports that he has received fees for consulting and speaking (CME lectures) from Takeda Pharmaceuticals, was a paid independent contractor (clinical trials) for Savient Pharmaceuticals, and consulted for URL Pharma. He also serves as section editor (rheumatology and immunology) for *The Merck Manual*. Phillip E. Canuto (executive editor) has an ownership interest (common stock) in Merck and Medco. Dr. Timothy Gilligan (deputy editor) and all other CJM staff report no relevant financial relationships.

ASSOCIATE EDITORS

ALEJANDRO C. ARROLIGA, MD
ARMAN T. ASKARI, MD
DANIEL J. BROTMAN, MD
WILLIAM D. CAREY, MD
JERIMIAH P. DEPTA, 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
JOSHUA D. PENFIELD, MD
DAVID D. K. ROLSTON, MD
BERNARD J. SILVER, MD
TYLER STEVENS, MD
THEODORE SUH, MD, PhD, MHS

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: Hope Robinson, Sheridan Content Services
800-635-7181 ext. 8065; E-mail hrobinson@tsp.sheridan.com

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, NA32, Cleveland, OH 44195-0001. POSTMASTER: Send address changes to the *Cleveland Clinic Journal of Medicine*, 9500 Euclid Avenue, NA32, Cleveland, OH 44195-0001.

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 joedennehy@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 © 2010 THE CLEVELAND CLINIC FOUNDATION. ALL RIGHTS RESERVED. PRINTED IN U.S.A.

AMM



CONTINUED FROM PAGE 218



REVIEW



Risks of travel, benefits of a specialist consult 246

Before going abroad to risky areas, most people ought to visit their primary care physicians, and many should be referred to a specialist in travel medicine.

B. POWELL AND C. FORD



REVIEW

Vaccine update 2010: 255

Keeping up with the changes

Changes and additions to the vaccination schedule for children, adolescents, and adults.

D. CAMPOS-OUTCALT

THE CLINICAL PICTURE.....

The Courvoisier sign 265

A 60-year-old woman has had jaundice, dark-colored urine, and light-colored stools for the past several days. On examination, her gallbladder is palpable.

M.A. PARSI



REVIEW

New tools for detecting 273

occult monoclonal gammopathy, a cause of secondary osteoporosis

Osteoporosis can be the presenting sign of a monoclonal gammopathy, which in some people may precede a diagnosis of multiple myeloma.

B. FAIMAN AND A.A. LICATA

DEPARTMENTS

CME calendar 270

Directions for taking CME tests online 279

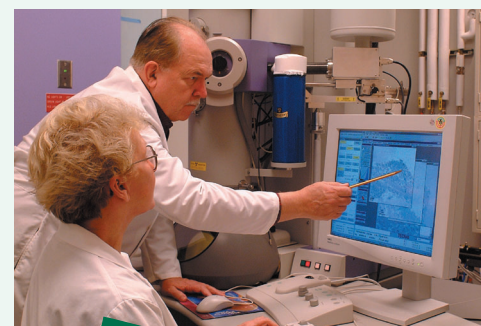
To receive CME credit, read any or all of the CME-certified articles in this issue (those that carry the CME logo), then go to www.ccjm.org to take the test for the article or articles you select. It should take up to 1 hour to complete the activity for each article.

Release date: April 1, 2010

Expiration date: March 31, 2011

UPCOMING FEATURES

- Left ventricular hypertrophy, an often overlooked cardiac risk factor
- Laryngopharyngeal reflux: Unanswered questions
- Should patients with mild asthma take inhaled corticosteroids?
- Is liver biopsy obsolete?
- Can asthma patients take beta-blockers?
- Bariatric surgery: Can it cure type 2 diabetes mellitus?
- Resistant epilepsy: When to refer
- Making the most of available bowel preparations for colonoscopy



DEDICATED TO LIFELONG LEARNING
CLEVELAND
CLINIC
JOURNAL OF
MEDICINE