

TABLE OF CONTENTS

FROM THE EDITOR...

A matter of privacy

166

From the Hippocratic oath to HIPAA, we value patient privacy. J.D. CLOUGH

EDITORIAL

Supplements and the prostate

169

177

What should we tell the many men who take supplements for the prostate?

E.A. KLEIN

EDITORIAL

Mechanical cardiac support: Is the bridge a destination when you're stuck on it?

Mechanical support of the circulation raises myriad problems. Answers will come, but slowly.

R.M. MILLS

COMMENTARY.....

Privacy protection for your patients

182

192

On April 14, 2003, almost every medical provider in this country must implement new federal privacy rules. Here's how.

D.E. NICKELSON, J.E. STEINER, AND N. MEHTA

IM BOARD REVIEW.....

A man with swelling in his left thumb

What is the cause of this patient's symptoms? A self-test.

R. GURUNLUOGLU, T. DOGAN, AND K. CARNEVALE

REVIEW

Isoflavones and the prevention and treatment of prostate disease

203

Conclusive proof can only come from clinical trials.

M.L. GAYNOR

REVIEW



Mechanical treatment 223 of heart failure

The devices can keep a patient alive while waiting for a transplant, and they might allow a damaged heart to recover.

H.W. NEMEH AND N.G. SMEDIRA

CONTINUED ON PAGE 164



JOHN D. CLOUGH, MD Editor-in-Chief BRIAN F. MANDELL, MD, PHD Deputy Editor PETER G. STUDER Publisher PHILLIP E. CANUTO Executive Editor GLENN R. CAMPBELL Executive Editor RAY BORAZANIAN Managing Editor DAVID A. HUDDLESTON Manuscript Editor AMY SLUGG MOORE Patient Education Editor BRUCE M. MARICH Production Manager ROBERT J. DEMAREST Medical Art Director JOSEPH A. PANGRACE Medical Illustrator DAVID R. SCHUMICK Medical Illustrator JOSEPH KANASZ Medical Illustrator IRIS TRIVILINO Department Coordinator LASONYA CRAWL Billing/Accounting

EDITORIAL ADVISORY BOARD

MUZAFFAR AHMAD, MD WILMA FOWLER BERGFELD, MD EMMANUEL L. BRAVO, MD WILLIAM R HART MD ERIC A. KLEIN, MD FLOYD D. LOOP, MD DOUGLAS S. MOODIE, MD RICHARD H. NODAR, PHD WILLIAM L. PROUDFIT, MD WILLIAM C. SHELDON, MD ERIC J. TOPOL. MD HERBERT P. WIEDEMANN, MD

ASSOCIATE EDITORS

ALEJANDRO C. ARROLIGA, MD DAVID BRONSON, MD WILLIAM D. CAREY, MD BRIAN A. CLARK, PHD, MD BRIAN G. DONLEY, MD GARY FRANCIS MD KATHLEEN FRANCO-BRONSON, MD STEVEN M. GORDON, MD BRIAN GRIFFIN, MD GARY HOFFMAN, MD BYRON J. HOOGWERF, MD MANI S. KAVURU, MD RITA S. LEE, MD

MANDY C. LEONARD, PHARMD ANGELO A. LICATA, MD, PHD DAVID L. LONGWORTH, MD MAURIE MARKMAN, MD ATUL C. MEHTA, MD NEIL B. MEHTA, MD FRANKLIN A. MICHOTA, MD STEVEN NISSEN, MD ROBERT M. PALMER, MD NORMAN B. RATLIFF, MD S. SETHU K. REDDY, MD MARK E. ROSE, MD MARK ROTH, MD DOUGLAS SEIDNER, MD CATHY A. SILA, MD HOLLY L. THACKER, MD JAMES THOMAS, MD DONALD G. VIDT, MD WILLIAM S. WILKE, MD MARC WILLIAMS, MD JAMES B. YOUNG, MD

CLEVELAND CLINIC FOUNDATION DIVISION OF EDUCATION ANDREW J. FISHLEDER, MD Chairman PHILLIP R. GARD Administrator

REPRINTS: Marsha Fogler 1-800-482-1450 mfogler@medicalreprints.com

The Cleveland Clinic Journal of Medicine (ISSN 0891-1150) is published 12 times yearly by The Cleveland Clinic Foundation.

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 \$98; institutional \$124; single copy/back issue \$16. Foreign: \$124; single copy/back issue \$16. 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.

POSTMASTER ADDRESS CHANGES: Cleveland Clinic Journal of Medicine, NA32, 9500 Euclid Avenue, Cleveland, OH 44195

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) 750-4470. 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.

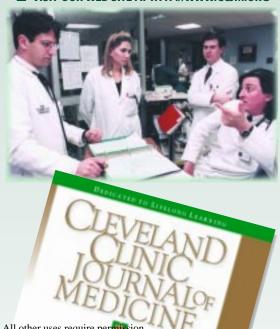




CONTINUED FROM PAGE 162	
1-MINUTE CONSULT	
When to consider	221
prophylactic colectomy in ulcerative colitis?	
Prophylactic colectomy eliminates the risk of colorectal cancer, but almost always leads to a lower quality of life.	
B.A. LASHNER	
Do patients who stop a hepatitis A or B vaccination series have to restart it?	234
Limited data indicate that neither series need be restarted.	
M.J. ALTER	
MEDICAL GRAND ROUNDS	
Help your patients control their weight	237
Despite disheartening statistics, patients are more likely to lose weight if their physicians encourage them to do so.	
B.J. MOORE	
MEDICAL GRAND ROUNDS	
Erectile dysfunction: Why drug therapy isn't always enough	241
We must not neglect the central role of the mind and emotional relationships in sexual physiology.	
S.B. LEVINE	
REVIEW	
Osteoporosis in men	247
Osteoporosis is a disease not only of women. In men particularly, we need to seek an underlying cause.	
A. LICATA	
REVIEW	
Microalbuminuria and cardiovascular risk	255
Protein in the urine is bad, even in small amounts. The risk possible mechanisms, and recommendations.	s,
R. TAGLE, M. ACEVEDO, AND D.G. VIDT	
INTERPRETING KEY TRIALS	
The ALLHAT trial. Diuretics still preferred initial drugs for high blood pressure	263
Diuretics are unsurpassed in lowering blood pressure,	
reducing clinical events, tolerability, and low cost.	
D.G. VIDT	
DEPARTMENTS	
CME Calendar	217

UPCOMING FEATURES

- **Bone density: Behind the numbers**
- Practical tips for warfarin dosing
- Using BNP to manage heart failure
- Building new bone: PTH for osteoporosis
- What you can do to prevent kidney failure
- West Nile virus: What we learned in '02
- The AASK trial: African **Americans and ACE inhibitors**
- Penicillin allergy: Not an absolute contraindication
- The Cleveland Clinic Journal of Medicine is peer-reviewed and indexed in Index Medicus.
- VISIT OUR WEB SITE AT HTTP://WWW.CCJM.ORG



Classified Advertisements

CME Self-test

270

271