



# CLEVELAND CLINIC JOURNAL OF MEDICINE



JOHN D. CLOUGH, MD *Editor-in-Chief*  
 BRIAN F. MANDELL, MD, PHD *Deputy Editor*  
 LINDA K. HENGSTLER *Editor and Publisher*  
 PHILLIP E. CANUTO *Executive Editor*  
 RAY BORAZANIAN *Managing Editor*  
 DAVID A. HUDDLESTON *Manuscript Editor*  
 JESSICA ANCKER, ELS *Editorial Services*  
 BRUCE M. MARICH *Production Manager*  
 AMY SLUGG MOORE *Patient Education Editor*  
 MARY BETH GLAUSER *Patient Education Writer*  
 JOHN E. PRESSELLO *Art Director*  
 ROBERT J. DEMAREST *Medical Art Director*  
 NANCY HEIM, CMI *Medical Illustrator*  
 ERMA RICHARDSON *Department Coordinator*  
 LOUISA R. PASKERT *Editorial Assistant*  
 AUDRA BUTDORF *Editorial Assistant/Reprints*

## TABLE OF CONTENTS

### FROM THE EDITOR

#### What's your opinion of *CCJM's* Patient Information page? 695

Is our Patient Information page useful "as is," or are changes in order? Let us know.

J.C. CLOUGH

### 1-MINUTE CONSULT



#### Can calcium and vitamin D supplementation adequately treat most patients with osteoporosis? 696

Although calcium and vitamin D play an important role in treating osteoporosis, they are not adequate by themselves.

C. DEAL

### MEDICAL GRAND ROUNDS

#### Osteoporosis: Which current treatments reduce fracture risk? 701

With effective agents available, physicians should make osteoporosis treatment a priority, especially for patients at high risk.

D.T. BARAN

### REVIEW

#### Tricyclic antidepressant poisoning 704

Tricyclic overdose—intentional or otherwise—is still common and can be lethal. Keep it in mind, and be aware of the pitfalls in its diagnosis.

J. GLAUSER

### CANCER DIAGNOSIS AND MANAGEMENT

#### The evolving role of hormone therapy in advanced prostate cancer 720

If the patient's prostate-specific antigen level resumes rising after surgery or radiotherapy for prostate cancer, the next step is hormonal therapy.

R. DREICER

### REVIEW

#### Diastolic dysfunction and heart failure: Causes and treatment options 727

Although diastolic dysfunction is the underlying problem in at least one third of cases of heart failure, it is still poorly understood.

M.J. GARCIA

### EDITORIAL ADVISORY BOARD

MUZAFFAR AHMAD, MD  
 WILMA FOWLER BERGFELD, MD  
 EMMANUEL L. BRAVO, MD  
 RAY W. GIFFORD, JR, 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  
 BEN H. BROUHARD, MD  
 MARIE BUDEV, DO  
 WILLIAM D. CAREY, MD  
 WILLIAM A. CHILCOTE, MD  
 BRIAN G. DONLEY, MD  
 GARY FRANCIS, MD  
 KATHLEEN FRANCO-BRONSON, MD  
 STEVEN M. GORDON, MD  
 BRIAN GRIFFIN, MD  
 HITINDER GURM, MD  
 GARY HOFFMAN, MD  
 BYRON J. HOOGWERF, MD  
 MANI S. KAVURU, MD

### MANDY C. LEONARD, PHARM D

ANGELO A. LICATA, MD, PHD  
 DAVID L. LONGWORTH, MD  
 STEPHEN MAHONEY, 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 ROTH, MD  
 DOUGLAS SEIDNER, MD  
 CATHY A. SILVA, MD  
 FRANCK SKOBIERANDA, MD  
 HOLLY L. THACKER, MD  
 JAMES THOMAS, MD  
 DONALD G. VIDT, MD  
 WILLIAM S. WILKE, MD  
 MARC WILLIAMS, MD  
 JAMES B. YOUNG, MD  
 ZOB AIR YOUNOSSI, MD

### CLEVELAND CLINIC FOUNDATION DIVISION OF EDUCATION

ANDREW J. FISHLER, MD  
*Chairman*  
 PHILLIP R. GARD  
*Administrator*

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.

AUTHOR DISCLOSURES: Current guidelines state that participants in CME activities should be made aware of any affiliation or financial interest that may affect an author's article as well as any discussion of off-label drug therapies. All authors, except those indicated with an asterisk and a footnote with the article, have disclosed that they do not have a conflict of interest or will not discuss off-label therapies.

SUBSCRIPTION RATES: U.S. and possessions: personal \$85; institutional \$108; single copy/back issue \$13. Foreign: \$108; single copy/back issue \$13. 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, REPRINTS, 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

CONTINUED ON PAGE 692





CONTINUED FROM PAGE 690

REVIEW .....

**How to help your patients lose weight: Current therapy for obesity** 739

Although weight-loss drugs won't produce miracles, attempts at weight loss are worth the effort.

D. WEISS

REVIEW .....

**Diagnosis and treatment of gastroesophageal reflux disease in the elderly** 755

As people age, GERD becomes more common, more likely to cause complications, and more challenging to diagnose and treat.

F.C. RAMIREZ



**PATIENT INFORMATION**

**Gastroesophageal reflux disease** 766

REVIEW .....

**Incorporating soy protein into a low-fat, low-cholesterol diet** 767

The USDA recommends eating at least 25 g/day of soy protein as part of a low-fat diet to reduce LDL levels.

A.V. DUNN



**PATIENT INFORMATION**

**Putting soy in your diet** 772

DEPARTMENTS .....

**CME Calendar** 703



**CME Credit Test** 775

■ The *Cleveland Clinic Journal of Medicine* is peer-reviewed and indexed in *Index Medicus*.

■ VISIT OUR WEB SITE AT [HTTP://WWW.CCJM.ORG](http://www.ccjm.org)

# UPCOMING FEATURES

- Genetic testing for thrombosis risk: When, how, why
- Troponin T: A new marker of acute MI
- Can brain-tumor patients receive anticoagulation?
- Can anti-inflammatory drugs help heart failure?
- Infertility: What the primary care physician can do
- Endarterectomy: When does the benefit exceed the risk?
- Systolic hypertension is still undertreated

