# TABLE OF CONTENTS

### FROM THE EDITOR ....

## Who is conducting the deadly quartet?

The metabolic syndrome warrants aggressive intervention and prevention, even if we cannot explain it yet.

B.F. MANDELL

### REVIEW .....

## Emphysema in nonsmokers: Alpha 1-antitrypsin deficiency and other causes

The 10% of patients with emphysema who never smoked deserve a workup for its less common causes, including genetic risk modifiers and occupational exposures.

P. LEE, T.R. GILDEA, AND J.K. STOLLER

### REVIEW .....

# Update on the diagnosis and treatment of human papillomavirus infection

Genotyping can distinguish viral subtypes that pose a high risk for cancer, but current therapies do not reliably eradicate the virus, and warts and neoplasia often recur after treatment.

K.M. ZANOTTI AND J. BELINSON

### INTERPRETING KEY TRIALS.....

## The HIP trial Risedronate prevents hip fractures, but who should get therapy?

964

927

928

948

Patients should be selected for bisphosphonate therapy on the basis of low bone density, not age.

C.L. DEAL

### REVIEW .....



## Gallbladder disease: An update on diagnosis and treatment

977

Current diagnostic techniques and treatments offer results equal to or better than those of earlier methods, are less invasive, and allow

patients to recover faster.

CLEVELAND CLINIC JOURNAL OF MEDICINE

D.P. VOGT

922

# CLEVELAND CLINIC JOURNALOF MEDICINE

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 MORE Patient Education Editor BRUCE M. MARICH Production Manager ROBERT J. DEMAREST Medical Illustrator JOSEPH A. PANGRACE Medical Illustrator JOSEPH KANASZ Medical Illustrator IRIS TRIVILINO Department Coordinator ILASONYA CRAWL Billing/Accounting

## EDITORIAL ADVISORY BOARD

MUZAFAR 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 L. PROUDFIT, MD WILLIAM L. SHELDON, MD ERIC J. TOPOL, MD HERBERT P. WIEDEMANN, MD

ASSOCIATE EDITORS

DAVID BRONSON, MD

WILLIAM D. CAREY, MD

BRIAN G. DONLEY, MD

GARY FRANCIS MD

BRIAN GRIFFIN, MD

GARY HOFFMAN, MD

MANI S. KAVURU, MD

RITA S. LEE, MD

BRIAN A. CLARK, PHD, MD

STEVEN M. GORDON, MD

BYRON J. HOOGWERF, MD

KATHLEEN FRANCO-BRONSON, MD

ALEJANDRO C. ARROLIGA, 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

Administrato

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 \$95; institutional \$120; single copy/back issue \$16. Foreign: \$120; 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,

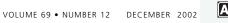
SUBSCRIPTIONS, EDITORIAL, BILLING/ACCOUNTING AND PRODUCTION: (same address as above) Phone (216) 444-2661 Fax (216) 444-9385 E-mail ccjm@cccforg http://www.ccjm.org

NA32, 9500 Euclid Avenue, Cleveland, OH 44195

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.



AMP COPYRIGHT© 2002 THE CLEVELAND CLINIC FOUNDATION PRINTED IN U.S.A.

CONTINUED ON PAGE 924

## **DECEMBER 2002**

CONTINUED FROM PAGE 922

\_ \_ . . . \_ . . .

KEVIEW
A truly deadly quartet:
Obesity, hypertension,
hypertriglyceridemia, and hyperinsulinemia

The best available treatment is to control one's weight, exercise regularly, stop smoking, and eat a healthy diet.

V. NAMBI, B.J. HOOGWERF, AND D.L. SPRECHER

### EDITORIAL .....

## The metabolic syndrome: A tug-of-war with no winner

Even before beta cells fail. the deadly quartet is quietly rehearsing.

D.J. BROTMAN AND J.P. GIROD

### MEDICAL GRAND ROUNDS

## HIV update 2002:

995

1000

985

990

## Delaying treatment to curb rising resistance

"Treat early, treat hard" is changing to "treat a little later, treat hard."

W. ARMSTRONG, L. CALABRESE, AND A. TAEGE

### 1-MINUTE CONSULT

## **Brief answers** to specific clinical questions

Which children and adults should receive the chickenpox vaccine?

It should be given to all seronegative children and adults in whom it is not otherwise contraindicated.

C. SABELLA

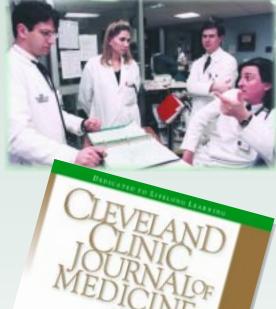
CREDIT

DEPARTMENTS	
CME Calendar	972
Index to Volume 69	1002
CME Self-test	1007

# UPCOMING FEATURES

- Microalbuminuria: A new coronary risk factor?
- Bone density: Behind the numbers
- Practical tips for warfarin dosing
  - Thyroid heart disease: Subtle but serious
- New guidelines for TB skin testing
- Should everyone get betablockers and ACEs after an MI?
- Challenges and choices in chronic pain
- Sorting out the options in migraine
- Prostate supplements: Promise or hype?

## VISIT OUR WEB SITE AT HTTP://WWW.CCJM.ORG



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