



JOHN D. CLOUGH, MD *Editor-in-Chief*
BRIAN F. MANDELL, MD, PhD *Deputy Editor*
PETER G. STUDER *Publisher*
PHILLIP E. CANUTO *Executive Editor, CCJM*
GLENN R. CAMPBELL *Executive Editor, Custom Programs*
RAY BORAZANIAN *Managing Editor*
DAVID A. HUDDLESTON *Manuscript Editor*
AMY SLUGG MOORE *Patient Education Editor*
BRUCE M. MARICH *Production Manager*
JOSEPH A. PANGRACE *Medical Illustrator*
DAVID R. SCHUMICK *Medical Illustrator*
JOSEPH KANASZ *Medical Illustrator*
ROSS PAPALARDO *Medical Illustrator*
IRIS TRIVILINO *Department Coordinator*
KATHY DUNASKY *Department Coordinator*
CINDY PALMER *Billing/Accounting*

EDITORIAL ADVISORY BOARD

MUZAFFAR AHMAD, MD
WILMA FOWLER BERGFELD, MD
EMMANUEL L. BRAVO, MD
DELOS M. COSGROVE, MD
WILLIAM R. HART, MD
ERIC A. KLEIN, 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
DANIEL J. BROTMAN, MD
WILLIAM D. CAREY, MD
BRIAN A. CLARK, PHD, MD
GARY FRANCIS, MD
KATHLEEN FRANCO-BRONSON, MD
STEVEN M. GORDON, MD
BRIAN GRIFFIN, MD

GARY HOFFMAN, MD
BYRON J. HOOGWERF, MD
JESSE JACOB, MD
AMIR JAFFER, MD
MANI S. KAVURU, MD
MARTIN LASCANO, MD
MANDY C. LEONARD, PHARM D
ANGELO A. LICATA, MD, PHD
ATUL C. MEHTA, MD
FRANKLIN A. MICHOTA, MD
ROBERT M. PALMER, MD
S. SETHU K. REDDY, MD
DOUGLAS SEIDNER, MD
HOLLY L. THACKER, MD
DONALD G. VIDT, MD
WILLIAM S. WILKE, MD
MARC WILLIAMS, MD

CLEVELAND CLINIC FOUNDATION DIVISION OF EDUCATION

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

REPRINTS: Cindy Palmer 216-444-2661 palmerc@ccf.org

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 Reproduction 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.

COPYRIGHT © 2004 THE CLEVELAND CLINIC FOUNDATION PRINTED IN U.S.A.



TABLE OF CONTENTS

FROM THE EDITOR

The Vioxx withdrawal: Latest in the COX-2 controversies 841

Discussion of the COX-2 inhibitors has been emotionally polarized every step of the way, and it's not over. Two other COX-2 drugs are still available, and much money is at stake.

B.F. MANDELL

COMMENTARY

A world without Vioxx: To COX-2 or not to COX-2? 849

Are all selective COX-2 inhibitors associated with an increased risk for thromboembolic cardiovascular events? And what should we tell patients?

L.S. SIMON AND V. STRAND

REVIEW

Benign prostatic hyperplasia: Now we can begin to tailor treatment 857

The management of benign prostatic hyperplasia has improved considerably in recent years. A review of medications, surgery, and new minimally invasive procedures.

C.K. GJERTSON, K. WALMSLEY, AND S.A. KAPLAN



HEART VALVE UPDATE

Understanding valvular heart disease in patients with systemic autoimmune diseases 881

Specific systemic autoimmune diseases are associated with distinct valvular heart disorders. Earlier detection and management may prevent some morbidity and mortality.

K. MAKSIMOWICZ-MCKINNON AND B.F. MANDELL

REVIEW

Radiologic imaging in rhinosinusitis 886

Imaging may be necessary for rhinosinusitis that is refractory, chronic, recurrent, or complicated.

P.S. BATRA

CONTINUED ON PAGE 846



CONTINUED FROM PAGE 845

MEDICAL GRAND ROUNDS.....

A practical program for preventing delirium in hospitalized older patients 890

Delirium in hospitalized elderly patients is common, often unrecognized, and can lead to serious complications. A systematic program can improve the rate of recognition and decrease the rate of incidence.

S.K. INOUE, MD

REVIEW.....

Safe use of opioids in chronic noncancer pain 897

Many physicians needlessly avoid prescribing opioid analgesics for chronic pain because of misconceptions about efficacy, adverse effects, abuse, and addiction potential.

T.E. DEWS AND N. MEKHAIL

REVIEW.....

A guide to informed consent for clinician-investigators 907

Informed consent is a process, not a form. It is a legal and ethical safeguard to ensure that subjects enter studies voluntarily and fully informed.

K.A. BRAMSTEDT

PATIENT-ORIENTED EVIDENCE THAT MATTERS (POEMs).....

■ Three percent of TIA patients have a stroke within 30 days 848

DEPARTMENTS.....

CME Calendar	871
Change of Address	880
Instructions for Authors	904
CME Self-test Online	911

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

UPCOMING FEATURES

- Understanding the new, more aggressive lipid-lowering guidelines
- VTE prophylaxis in medical patients
- How to evaluate decision-making capacity
- Coronary testing in diabetic patients
- Epidural steroids for back pain: Rationale and efficacy
- When and how to use electrodiagnostic testing
- Preventing delirium in hospitalized elderly patients
- Three rheumatologic emergencies

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



DEDICATED TO LIFELONG LEARNING
CLEVELAND
CLINIC
JOURNAL OF
MEDICINE