

TABLE OF CONTENTS

FROM THE EDITOR.....

Vascular disease: It's not just the pipes

841

854

The management of patients with venous and arterial vascular disease keeps getting more complex.

B.F. MANDELL

THE CLINICAL PICTURE

A woman with headache and blurred vision 848

She has non-small-cell lung cancer and patchy symmetrical areas of subcortical edema in the posterior parietal and occipital lobes of the brain. What is the most likely diagnosis?

E. SEGOTA, D. ADELSTEIN, AND T. MEKHAIL

REVIEW

Pleural effusions: Evaluation and management

A rational diagnostic workup will reveal the cause in most cases.

J.C. YATACO AND R.A. DWEIK

REVIEW..

Managing abdominal aortic aneurysms: 877 Treat the aneurysm and the risk factors Abdominal aortic aneurysms are not only a danger

Abdominal aortic aneurysms are not only a danger in themselves, they also signify underlying vascular disease.

A. ALMAHAMEED, A.A. LATIF, AND L.M. GRAHAM

REVIEW

Eating disorders: Recognize early to prevent complications

Eating disorders are not just about food and weight. The clinical team's job is to identify what problem the patient is trying to cope with and to help her—or him—develop healthier coping strategies.

E.H.W. RICANATI AND E.S. ROME

REVIEW

Update in thrombosis: Answers to perplexing questions

907

895

How long should patients receive warfarin? Is less-intense therapy as effective as standard therapy? When is the risk of recurrence highest? Do mutations increase the risk of recurrence?

D.G. FEDERMAN, G.R. BRESCIA, J.P. MORIARTY, S.G. HASKELL, R. KRISHNAMURTHY, AND R.S. KIRSNER

CONTINUED ON PAGE 844





BRIAN F. MANDELL, MD, PhD Editor-in-Chief
DAVID D. K. ROLSTON, MD Deputy Editor
PETER G. STUDER Publisher
PHILLIP E. CANUTO Executive Editor, CCIM
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
IRIS TRIVILINO Department Coordinator
KATHY DUNASKY Department Coordinator
LAURIE WEISS BillinglAccounting

ASSOCIATE EDITORS

ALEJANDRO C. ARROLIGA, MD DAVID BRONSON, MD DANIEL J. BROTMAN, MD WILLIAM D. CAREY, MD GARY FRANCIS, MD KATHLEEN FRANCO-BRONSON, MD STEVEN M. GORDON, MD BRIAN GRIFFIN, MD THOMAS J. HELTON, DO GARY HOFFMAN, MD BYRON J. HOOGWERF, MD AMIR JAFFER, MD GURJIT KAUR, DO MANDY C. LEONARD, PHARMD ANGELO A. LICATA, MD, PhD FRANCISCO J. MARRERO, MD ATUL C. MEHTA, MD FRANKLIN A. MICHOTA, MD ROBERT M. PALMER, MD S. SETHU K. REDDY, MD DOUGLAS SEIDNER, MD

BERNARD J. SILVER, MD DONALD G. VIDT, MD WILLIAM S. WILKE, MD MARC WILLIAMS, MD

EDITORS EMERITUS
JOHN D. CLOUGH, MD
HERBERT P. WIEDEMANN, MD
JAMES S. TAYLOR, MD

CLEVELAND CLINIC FOUNDATION DELOS M. COSGROVE, MD President and Chief Executive Officer

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

REPRINTS: Laurie Weiss 216-444-2661 weissl2@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 \$103; institutional \$129; single copy/back issue \$18. Foreign: \$129; single copy/back issue \$18. 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.

COPYRIGHT© 2005 THE CLEVELAND CLINIC FOUNDATION PRINTED IN U.S.A.







CONTINUED FROM PAGE 842	
REVIEW	
Respiratory tract infections: Another reason not to smoke	916
Patients who smoke need to be informed about the benefits of being vaccinated and stopping smoking.	
S. MURIN AND K. SMITH BILELLO	
IM BOARD REVIEW	921
Six weeks after returning from Manaus, Brazil, he has recurring symptoms of fever, nausea, vomiting, diarrhea, headache, and malaise. What is the likely diagnosis?	
E.P. LESHO, S. GEORGE, AND G. WORTMANN	
REVIEW	
Sleep apnea is linked to heart failure,	929
but does treatment improve outcome?	
Heart failure is a risk factor for sleep apnea, which in turn may adversely affect cardiovascular function.	
L. WEXLER AND S. JAVAHERI	
MEDICAL PROBLEMS IN PREGNANCY	
Optimizing outcomes	938
in pregnant women with epilepsy	
Risks can be minimized with preconception planning, careful obstetric care, and close postpartum follow-up.	
L.E. JEHA AND H.H. MORRIS	
The end of the diet debates?	946
All fats and carbs are not created equal	
The healthiest diet is a Mediterranean type that features foods that are high in omega-3 fatty acids, unsaturated fats,	

and fiber, and that have a low glycemic index.

A.S. AGATSTON

PATIENT-ORIENTED EVIDENCE THAT MATTERS (POEMs)... 873 ■ ABCD rule predicts 7-day stroke risk in transient ischemic attack 889 Statins are not associated with dcreased dementia 928 Treating negative-dipstick dysuria decreases symptoms DEPARTMENTS **CME Calendar** 846 **CME Self-test Online** 951

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

UPCOMING FEATURES

- Safety of statins: Muscle and liver effects
- **Extrahepatic manifestations** of hepatitis C
- The link between anemia and heart failure
- Hyperparathyroidism: 4,000 years of progress
- DHEA: Promising but not ready for use
- Cardiovascular complications of lupus
- Frailty in older adults: Insights and interventions
- **Renovascular hypertension: Balancing the controversies**
- Should we screen for abdominal aortic aneurysms?
- VISIT OUR WEB SITE AT HTTP://WWW.CCJM.ORG

