

CLEVELAND CLINIC JOURNAL OF MEDICINE

EDITORIAL STAFF

BRIAN F. MANDELL, MD, PhD *Editor-in-Chief*
TIMOTHY GILLIGAN, MD, MS *Deputy Editor*
PHILLIP E. CANUTO *Executive Editor*
RAY BORAZANIAN *Managing Editor*
DAVID A. HUDDLESTON *Manuscript Editor*
ROSS PAPALARDO, CMI *Medical Art Director*
AMY SLUGG MOORE *Patient Education Editor*

PUBLISHING OPERATIONS

PETER G. STUDER *Executive Publisher*
KRISTI THOMSEN *Exec. Editor, Special Assignments*
BRUCE M. MARICH *Production Manager*
IRIS TRIVILINO *Department Coordinator*
LAURIE WEISS *Accountant (Billing)*

CUSTOM PROGRAMS

GLENN R. CAMPBELL *Executive Editor*
KATHY DUNASKY *Production Manager*

FINANCIAL DISCLOSURES

Cleveland Clinic Journal of Medicine's staff disclose the following financial relationships that may be relevant to their editorial roles: Dr. Brian F. Mandell (editor-in-chief) reports that he has received fees for consulting and speaking (CME lectures) from Takeda Pharmaceuticals, was a paid independent contractor (clinical trials) for Savient Pharmaceuticals, and consulted for URL Pharma. He also serves as section editor (rheumatology and immunology) for *The Merck Manual*. Phillip E. Canuto (executive editor) has an ownership interest (common stock) in Merck and Medco. Dr. Timothy Gilligan (deputy editor) and all other CJM staff report no relevant financial relationships.

ASSOCIATE EDITORS

ALEJANDRO C. ARROLIGA, MD
DANIEL J. BROTMAN, MD
WILLIAM D. CAREY, MD
JERIMIAH P. DEPTA, MD
RUTH M. FARRELL, MD, MA
GARY FRANCIS, MD
KATHLEEN FRANCO-BRONSON, MD
STEVEN M. GORDON, MD
BRIAN GRIFFIN, MD
AMIR JAFFER, MD
MANDY C. LEONARD, PharmD
ANGELO A. LICATA, MD, PhD
ATUL C. MEHTA, MD
FRANKLIN A. MICHOTA, MD
CHRISTIAN NASR, MD
ROBERT M. PALMER, MD
JOSHUA D. PENFIELD, MD
DAVID D. K. ROLSTON, MD
BERNARD J. SILVER, MD
TYLER STEVENS, MD
THEODORE SUH, MD, PhD, MHS

ALEXANDRA VILLA-FORTE, MD, MPH
DONALD G. VIDT, MD
WILLIAM S. WILKE, MD
MARC WILLIAMS, MD

EDITORS EMERITI

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

CLEVELAND CLINIC

DELOS M. COSGROVE, MD
President and Chief Executive Officer

CLEVELAND CLINIC

EDUCATION INSTITUTE
JAMES K. STOLLER, MD, MS
Chairman

PHILLIP R. GARD
Administrator

REPRINTS: Hope Robinson, Sheridan Content Services
800-635-7181 ext. 8065; E-mail hrobinson@tsp.sheridan.com

Cleveland Clinic Journal of Medicine [ISSN 0891-1150 (print), ISSN 1939-2869 (online)] is published monthly by Cleveland Clinic from editorial offices at 9500 Euclid Avenue, NA32, Cleveland, OH 44195-0001. POSTMASTER: Send address changes to the *Cleveland Clinic Journal of Medicine*, 9500 Euclid Avenue, NA32, Cleveland, OH 44195-0001.

STATEMENTS AND OPINIONS expressed in the *Cleveland Clinic Journal of Medicine* are those of the authors and not necessarily of Cleveland Clinic or its Board of Trustees.

SUBSCRIPTION RATES: U.S. and possessions: personal \$115; institutional \$143; single copy/back issue \$20. Foreign: \$160; single copy/back issue \$20. 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.

SUBSCRIPTIONS, EDITORIAL, BILLING/ACCOUNTING, AND PRODUCTION: (same address as above) • Phone (216) 444-2661 • Fax (216) 444-9385

• E-mail ccjm@ccf.org • Web site 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

• E-mail joedennehy@verizon.net

AUTHORIZATION TO PHOTOCOPY items for internal or personal use is granted by the *Cleveland Clinic Journal of Medicine* [ISSN 0891-1150 (print), ISSN 1939-2869 (online)], published by Cleveland Clinic, 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 www.copyright.com. To order bulk reprints, see above.

DISCLAIMER: The information in this educational activity is provided for general medical education purposes only and is not meant to substitute for the independent medical judgment of a physician relative to diagnostic and treatment options of a specific patient's medical condition. The viewpoints expressed in this CME activity are those of the authors. They do not represent an endorsement by The Cleveland Clinic Foundation. 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 CME activity.

COPYRIGHT © 2010 THE CLEVELAND CLINIC FOUNDATION. ALL RIGHTS RESERVED. PRINTED IN U.S.A.

AMM



MAY 2010

TABLE OF CONTENTS

FROM THE EDITOR

The complexities of vitamin D 288

Patients with conditions as diverse as systemic lupus erythematosus and congestive heart failure seem to fare worse if they have lower vitamin D levels. But the seeming simplicity of this association belies several levels of complexity, with resultant clinical controversy.

B.F. MANDELL

1-MINUTE CONSULT

Does vitamin D deficiency play a role in the pathogenesis of chronic heart failure? Do supplements improve survival? 290

Vitamin D deficiency may play a role in the pathogenesis of chronic heart failure, but whether giving patients supplements improves their survival is not clear.

V. HAJJAR, J.P. DEPTA, AND M.M. MOUNTIS

THE CLINICAL PICTURE

A rash on the legs and palms 294

The patient has been treated with topical and oral corticosteroids with no improvement. What is the most likely diagnosis?

J.M. BERLIN AND S.M. GOLDBERG

THE CLINICAL PICTURE

A rare complication of infective endocarditis 296

An 85-year-old woman presents with a 2-hour history of dyspnea, dizziness, generalized weakness, nausea, and diaphoresis. What is the cause?

M.J. DeKAM, J.P. DEPTA, AND A.M. LINCOFF

REVIEW

Preventing and treating orthostatic hypotension: As easy as A, B, C 298

Easy-to-remember management recommendations, using a combination of effective drug and nondrug treatments.

J.J. FIGUEROA, J.R. BASFORD, AND P.A. LOW



CONTINUED ON PAGE 287

UPCOMING FEATURES

- Left ventricular hypertrophy, a neglected risk factor
- Do new tests make liver biopsy obsolete?
- Should patients with mild asthma take inhaled steroids?
- Managing bleeding after treatment for non-ST-elevation acute coronary syndromes
- Can asthma patients take beta-blockers?
- Bariatric surgery for type 2 diabetes: Is it a cure?
- Resistant epilepsy: When to refer



DEDICATED TO Lifelong Learning
CLEVELAND
CLINIC
JOURNAL OF
MEDICINE

MAY 2010

CONTINUED FROM PAGE 283

REVIEW 307

Noninvasive positive pressure ventilation: Increasing use in acute care

307



How this mode has evolved, and its indications and contraindications in specific acute care conditions.

L.S. ABOUSSOUAN AND B. RICAURTE

REVIEW 317

Making the most of currently available bowel preparations for colonoscopy

317



The authors review the available regimens, offer an algorithm for choosing an appropriate regimen, and provide instructions for patients.

A. ATREJA, S. NEPAL, AND B.A. LASHNER

REVIEW 327

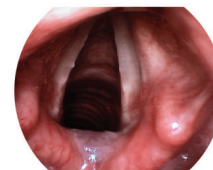
Laryngopharyngeal reflux: More questions than answers

327



Most patients with suspected laryngopharyngeal reflux are given a 2-month trial of a proton pump inhibitor. Yet we still have little or no solid evidence on which to base the diagnosis or the treatment.

D.W. BARRY AND M.F. VAEZI



DEPARTMENTS 289

CME calendar

289

Directions for taking CME tests online

335

To receive CME credit, read any or all of the CME-certified articles in this issue (those that carry the CME logo), then go to www.ccjm.org to take the test for the article or articles you select. It should take up to 1 hour to complete the activity for each article.

Release date: May 1, 2010

Expiration date: April 30, 2011