CLEVELAND CLINIC JOURNAL OF MEDICINE

DEDICATED TO LIFELONG LEARNING

GRAND ROUNDS

New guidelines streamline diabetes diagnosis 10

Recent changes in the screening guidelines for diabetes should simplify the diagnostic process and identify more people who are at risk.

S.S.K. REDDY

Strategies for detecting and treating problem drinking 14

Alcohol use is now seen as a continuum from total abstinence to alcohol dependence, rather than an all-or-nothing condition.

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CURRENT DRUG THERAPY

New hypertension guidelines set aggressive goals based on risk factors 18

The JNC VI report updates the standard of care in hypertension, advising physicians to be more diligent in lowering blood pressure, especially in patients with known risk factors.

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Proton-pump inhibitors for gastric acid-related disease 27

Proton-pump inhibitors are the most effective drugs for suppressing gastric acid production. Concerns over potential ill effects of hypergastrinemia have proved unfounded.

T.G. FRANKO AND J.E. RICHTER

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Anorectic drugs and valvular heart disease: A biological and clinical perspective 35

The echocardiographic appearance of valvular lesions associated with the use of fenfluramine and dexfenfluramine, and current suggestions on how to follow patients who took these drugs.

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CLL, the most common type of leukemia, is often discovered incidentally when a routine complete blood count is performed. This paper reviews the pathology, diagnosis, and treatment of CLL.

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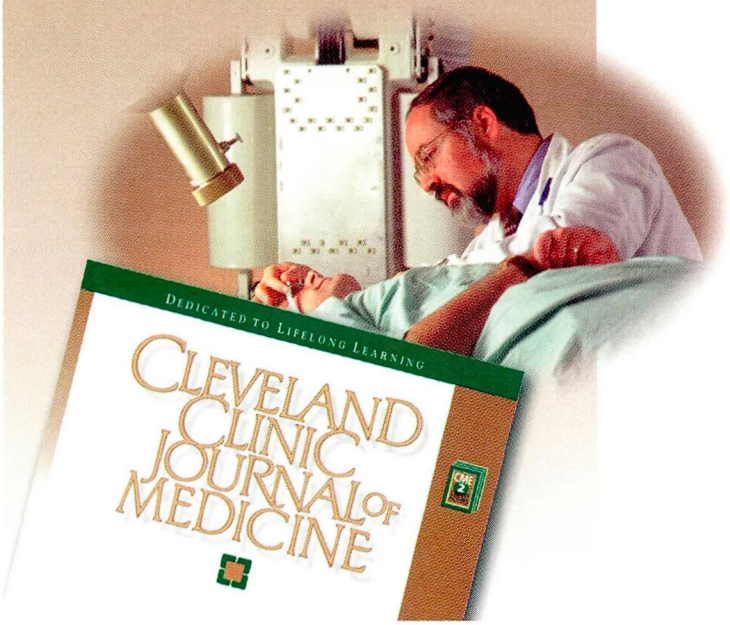
- **New series on heart failure**
  An ongoing series on the diagnosis and treatment of what is becoming the most important and expensive problem in cardiovascular medicine
- **An asymptomatic patient with mildly elevated liver enzymes**
  When is an extensive workup needed and when isn't it needed?
- **What physicians need to know about herbal medicine**
  Many patients are taking herbal medicines; physicians need to ask more questions about their use of these products.
- **Renewed hope for the impaired physician**
  Prevention of alcohol and drug abuse is the best remedy for this difficult problem