



# TABLE OF CONTENTS

## MEDICAL GRAND ROUNDS

### Deep brain stimulation reduces symptoms of Parkinson disease 9

When medications fail to control the symptoms of Parkinson disease, either surgery or a small implanted electrical device can help. With an illustration of how deep brain stimulation works.

E.B. MONTGOMERY, JR.

## INTERNAL MEDICINE BOARD REVIEW

### A 47-year-old man with leiomyosarcoma and altered mental status 15

What is the likely cause of this patient's symptoms? A self-quiz on a clinical case.

H.S. GURM AND G.T. BUDD

## REVIEW

### Underused options for preventing and treating influenza 19

We have the means to prevent most cases of influenza, and to reduce the severity of cases that occur.

S.B. MOSSAD

## INTERPRETING KEY TRIALS

### Zinc lozenges for the common cold 27

Clinical trials of zinc cold therapy have produced conflicting results.

M.L. MACKNIN

### The Breast Cancer Prevention Trial (P-1 study): The role of tamoxifen in preventing breast cancer 33

Tamoxifen can reduce the incidence of breast cancer by nearly half in women at high risk, but at the price of increased endometrial cancer and thromboembolism. An illustration shows the differing effects of tamoxifen in different organs.

B.A. OVERMOYER

CONTINUED ON PAGE 4

# CLEVELAND CLINIC JOURNAL OF MEDICINE



## EDITORS

JOHN D. CLOUGH, MD *Editor-in-Chief*  
 LINDA K. HENGSTLER *Editor and Publisher*  
 PHILLIP E. CANUTO *Executive Editor*  
 RAY BORAZANIAN *Managing Editor*  
 DAVID A. HUDDLESTON *Manuscript Editor*  
 LOUISA R. PASKERT *Editorial Assistant*  
 JACQUELINE R. WERNER *Editorial Assistant/Reprints*

## EDITORIAL ADVISORY BOARD

MUZAFFAR AHMAD, MD  
 WILMA FOWLER BERGFELD, MD  
 EMMANUEL L. BRAVO, MD  
 RAY W. GIFFORD, JR, 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 C. SHELDON, MD  
 ERIC J. TOPOL, MD  
 HERBERT P. WIEDEMANN, MD

## ASSOCIATE EDITORS

DAVID BRONSON, MD  
 BEN H. BROUHARD, MD  
 WILLIAM D. CAREY, MD  
 WILLIAM A. CHILCOTE, MD  
 AMANDA L. CURNOCK, MD  
 RONALD E. DOMEN, MD  
 BRIAN G. DONLEY, MD  
 GARY FRANCIS, MD  
 STEVEN M. GORDON, MD  
 GARY HOFFMAN, MD  
 BYRON J. HOOGWERF, MD  
 ANIL K. JAIN, MD  
 MANI S. KAVURU, MD  
 MANDY C. LEONARD, PHARM D  
 ANGELO A. LICATA, MD, PHD  
 DAVID L. LONGWORTH, MD  
 STEPHEN MAHONEY, MD  
 MAURIE MARKMAN, MD  
 ATUL C. MEHTA, MD  
 NEIL B. MEHTA, MD  
 FRANKLIN A. MICHOTA, MD  
 STEVEN NISSEN, MD  
 ROBERT M. PALMER, MD

## EDITORIAL STAFF

JESSICA ANCKER  
*Editorial Services*  
 BRUCE M. MARICH  
*Production Manager*

## MEDICAL ART DIRECTOR

ROBERT J. DEMAREST

## MEDICAL ILLUSTRATOR

NANCY HEIM, CMI

## CLEVELAND CLINIC FOUNDATION DIVISION OF EDUCATION

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

The *Cleveland Clinic Journal of Medicine* (ISSN 0891-1150) is published 10 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.

CONFLICTS OF INTEREST: Current guidelines state that participants in CME activities should be made aware of any affiliation or financial interest that may affect an author's article. Each author has been requested to complete a disclosure form. The names of any authors declaring a potential conflict of interest are indicated with an asterisk.

SUBSCRIPTION RATES: U.S. and possessions: personal \$70; institutional \$90; single copy/back issue \$10. Foreign: \$90; single copy/back issue \$12. 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*, EE37, 9500 Euclid Avenue, Cleveland, OH 44195

SUBSCRIPTIONS, EDITORIAL, REPRINTS, AND PRODUCTION: (same address as above)  
 Phone (216) 444-2661 • Fax (216) 444-9385 • E-mail, ccjm@cesmtp.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



COPYRIGHT © 1999 THE CLEVELAND CLINIC FOUNDATION  
 PRINTED IN U.S.A.



CONTINUED FROM PAGE 2

REVIEW

**Constipation: An approach to diagnosis, treatment, referral** 41

A stepwise, empiric approach suffices in most cases, but specialized testing is available for the minority of patients with severe, refractory constipation.

E.E. SOFFER

REVIEW

**Complications of sickle cell anemia in adults: Guidelines for effective management** 48

Patients with sickle cell disease are surviving longer, but still face a lifetime of complications and crises.

S.K. BALLAS

CANCER DIAGNOSIS AND MANAGEMENT

**Diagnosis and management of superior vena cava syndrome** 59

The first manifestations of lung cancer or lymphoma may be due to compression of the superior vena cava.

M. MARKMAN

DEPARTMENTS

**Dear Colleague** 7

**CME Calendar** 8

**CME Credit Test** 63



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

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

# UPCOMING FEATURES

- **Evaluating back pain in the elderly**  
*Sorting out the myriad potential causes of this common complaint.*
- **Colorectal cancer screening**  
*Making sense of the different guidelines for risk stratification and screening.*
- **The HOT study**  
*In hypertension, how far should blood pressure be lowered?*
- **Falls in the elderly**  
*A step-by-step approach to evaluating the cause of a fall and preventing future falls.*
- **Steroid-induced osteoporosis**  
*Start thinking about osteoporosis as soon as you put someone on long-term steroids.*

