



# TABLE OF CONTENTS

## FROM THE EDITOR

### Birds, viruses, and history: The current 'genuine adventure' 270

When I went to medical school, we were taught that viruses couldn't jump from animals to humans. It looks like you can forget that rule.

J.D. CLOUGH

## EDITORIAL

### Avian influenza: A wake-up call from birds to humans 273

We can hope that a pandemic does not occur—or we can take proactive steps to prevent one. In particular, we must improve vaccination rates among patients and health care workers.

S. GORDON

## 1-MINUTE CONSULT

### For low platelets, how low is dangerous? 277

The answer depends on the cause of the thrombocytopenia and on whether surgery or childbirth is planned.

J.N. GEORGE

## EDITORIAL

### Antioxidant studies need a change of direction 285

A major flaw of the studies to date is that they failed to measure changes in levels of oxidative stress.

M.H. SHISHEBOR AND S.L. HAZEN

## MINIMALLY INVASIVE SURGERY UPDATE

### Minimally invasive surgery for morbid obesity 289

The new technique appears to be as effective as conventional open surgery in taking weight off and keeping it off.

F. BRODY

## REVIEW

### Premenstrual dysphoric disorder: A review for the treating practitioner 303

There are a variety of treatments for this severe form of premenstrual syndrome. Caution is needed with alternative therapies.

G. KAUR, L. GONSALVES, AND H.L. THACKER



PATIENT  
INFORMATION

### What is premenstrual dysphoric disorder (PMDD)? 322

CONTINUED ON PAGE 268

# CLEVELAND CLINIC JOURNAL OF MEDICINE



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*  
IRIS TRIVILINO *Department Coordinator*  
CINDY PALMER *Billing/Accounting*

## EDITORIAL ADVISORY BOARD

MUZAFFAR AHMAD, MD  
WILMA FOWLER BERGFELD, MD  
EMMANUEL L. BRAVO, 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. TOPOI, MD  
HERBERT P. WIEDEMANN, MD

## ASSOCIATE EDITORS

ALEJANDRO C. ARROLIGA, MD  
DAVID BRONSON, MD  
WILLIAM D. CAREY, MD  
BRIAN A. CLARK, PHD, MD  
BRIAN G. DONLEY, MD  
GARY FRANCIS, MD  
KATHLEEN FRANCO-BRONSON, MD  
BENJAMIN J. FREDA, DO  
STEVEN M. GORDON, MD  
BRIAN GRIFFIN, MD  
GARY HOFFMAN, MD  
BYRON J. HOOGWERF, MD  
MANI S. KAVURU, MD

MICHAEL J. LEE, MD  
MANDY C. LEONARD, PHARM D  
ANGELO A. LICATA, MD, PHD  
DAVID L. LONGWORTH, MD  
MAURIE MARKMAN, MD  
ATUL C. MEHTA, MD  
NEIL B. MEHTA, MD  
FRANKLIN A. MICHOTA, MD  
STEVEN NISSEN, MD  
ROBERT M. PALMER, MD  
NORMAN B. RATLIFF, MD  
S. SETHU K. REDDY, MD  
MARK ROTH, MD  
DOUGLAS SEIDNER, MD  
CATHY A. SILA, MD  
HOLLY L. THACKER, MD  
JAMES THOMAS, MD  
DONALD G. VIDT, MD  
WILLIAM S. WILKE, MD  
MARC WILLIAMS, MD  
JAMES B. YOUNG, MD

CLEVELAND CLINIC  
FOUNDATION DIVISION  
OF EDUCATION  
Chairman  
PHILLIP R. GARD  
Administrator

REPRINTS: Beth Ann Rocheleau 1-800-769-7625 brocheleau@rockwaterreprints.com

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@ccc.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.





CONTINUED FROM PAGE 266

REVIEW

**Recent trials of antioxidant therapy: What should we be telling our patients?** 327

Evidence does not support the indiscriminate use of vitamins A, C, or E or beta carotene to prevent or reduce cardiovascular disease.

B.I. HASNAIN AND A.D. MOORADIAN

REVIEW

**Hypoglycemia in diabetes: Common, often unrecognized** 335

Intensive diabetes control is beneficial but increases the risk of hypoglycemia. Over time, patients may lose the ability to sense hypoglycemia, increasing their risk.

I. GABRIELY AND H. SHAMOON



**PATIENT INFORMATION Hypoglycemia** 343

REVIEW

**Perioperative nutrition support: Who and how** 345

Although nutrition support can decrease postoperative morbidity and mortality, some patients do worse with total parenteral nutrition than with standard care.

R.M. SALVINO, R.S. DECHICCO, AND D.L. SEIDNER

REVIEW

**Head injury: Which patients need imaging? Which test is best?** 353

There is often uncertainty about which patients with a head injury need an imaging test, especially if the injury appears to be minor.

J. GLAUSER

PATIENT-ORIENTED EVIDENCE THAT MATTERS (POEMs)

- **Hyaluronic acid minimally effective for knee degenerative joint disease** 272
- **Chest pain relief by nitroglycerin doesn't predict active coronary artery disease** 280
- **Major bleeding risk with warfarin for deep vein thrombosis** 282
- **Tricyclics, not SSRIs, effective for chronic back pain** 323

DEPARTMENTS

- CME Calendar** 352
- Classified Advertisements** 358
-  **CME Self-test Online** 359

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

# UPCOMING FEATURES

- How to assess hyponatremia
- When is the right time for heart valve surgery?
- The case for early insulin therapy in type 2 diabetes
- Video capsule endoscopy: The entire small intestine revealed
- New AHA guidelines for preventing coronary disease
- Cancer drugs get more specific
- Helping patients deal with high drug costs
- Eat your veggies: The DASH diet for hypertension
- Drug-eluting stents: The end of restenosis?

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

