



TABLE OF CONTENTS

FROM THE EDITOR

Polymyalgia rheumatica: Not well understood, but important to consider 446

Its cause and pathogenesis remain unknown, but it may be accompanied by giant cell arteritis, which must be recognized and treated as a medical emergency.

J.D. CLOUGH

1-MINUTE CONSULT

My patient has elevated prolactin and infertility, but normal periods and a negative pituitary study. What should I do? 457

Prolactin comes in different sizes. We should consider a diagnosis of macroprolactinemia before embarking on a series of potentially unnecessary and expensive tests and treatments.

I.B. ORIJA AND C. FAIMAN

REVIEW



The challenge of valvular heart disease: When is it time to operate? 463

Performed too soon, surgery needlessly exposes a patient to operative risks, but inappropriate delay may lead to cardiac damage and worse long-term outcome.

J.P. REGINELLI AND B. GRIFFIN

CARDIOVASCULAR BOARD REVIEW

Cardiac sarcoidosis: A cause of infiltrative cardiomyopathy 483

A 52-year-old man is having frequent episodes of ventricular tachycardia. How should he be treated?

R. FASANO, C.M. RIMMERMAN, AND W.A. JABER

MEDICAL GRAND ROUNDS

Polymyalgia rheumatica: Clinical presentation is key to diagnosis and treatment 489

Diagnosing polymyalgia rheumatica can be likened to the saying, "If it looks like a duck and quacks like a duck, it probably is a duck."

B.F. MANDELL

CONTINUED ON PAGE 444

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*
 KATHY DUNASKY *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. TOPOL, MD
 HERBERT P. WIEDEMANN, 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

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

CLEVELAND CLINIC FOUNDATION DIVISION OF EDUCATION
 ANDREW J. FISHLER, MD
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 442

REVIEW.....

Fecal-based DNA assays: A new, noninvasive approach to colorectal cancer screening 497

Most Americans forgo any kind of colorectal cancer screening, although it is proven to save lives. Fecal-based DNA testing may be an alternative for those who otherwise would not be screened.

V.P. DEENADAYALU AND D.K. REX

REVIEW.....

An appropriate diagnostic workup for suspected vascular birthmarks 505

Some birthmarks can represent significant vascular anomalies that require a diagnostic workup and treatment.

O. KONEZ AND P.E. BURROWS

REVIEW.....

Gynecomastia: Its features, and when and how to treat it 511

Gynecomastia is common and usually benign, though often distressing. Causes are many.

S.A. BEMBO AND H.E. CARLSON

PATIENT-ORIENTED EVIDENCE THAT MATTERS (POEMs).....

■ **Three days of ciprofloxacin is adequate for UTIs in healthy older women** 448

■ **Magnets relieve pain in knee osteoarthritis** 449

■ **Task Force recommends against routine coronary screening** 453

■ **Meat, seafood, and too little dairy are risk factors for gout** 456

DEPARTMENTS.....

CME Calendar 496

Classified Advertisements 518

 **CME Self-test Online** 519

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

UPCOMING FEATURES

- How to assess hyponatremia
- Cancer drugs get more specific
- Eat your veggies: DASH diet for hypertension
- Drug-eluting stents: The end of restenosis?
- Fatty liver disease on the rise
- Cancer pain: Measuring the fifth vital sign
- Reducing the use of high-risk drugs in the elderly
- Spontaneous bacterial peritonitis: More common than thought
- The sports physical: How much is enough?

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

