# Table of Contents

## From the Editor

**Vascular disease: It’s not just the pipes** 841
The management of patients with venous and arterial vascular disease keeps getting more complex.

B.F. Mandell

## The Clinical Picture

**A woman with headache and blurred vision** 848
She has non-small-cell lung cancer and patchy symmetrical areas of subcortical edema in the posterior parietal and occipital lobes of the brain. What is the most likely diagnosis?

E. Segota, D. Adelstein, and T. Mekhail

## Review

**Pleural effusions:** 854
Evaluation and management
A rational diagnostic workup will reveal the cause in most cases.

J.C. Yataco and R.A. Dweik

**Managing abdominal aortic aneurysms: 877**
Treat the aneurysm and the risk factors
Abdominal aortic aneurysms are not only a danger in themselves, they also signify underlying vascular disease.

A. Almahameed, A.A. Latif, and L.M. Graham

**Eating disorders:** 895
Recognize early to prevent complications
Eating disorders are not just about food and weight. The clinical team’s job is to identify what problem the patient is trying to cope with and to help her—or him—develop healthier coping strategies.

E.H.W. Ricanati and E.S. Rone

**Update in thrombosis:** 907
Answers to perplexing questions
How long should patients receive warfarin? Is less-intensive therapy as effective as standard therapy? When is the risk of recurrence highest? Do mutations increase the risk of recurrence?


---

CONTINUED ON PAGE 844
REVIEW
Respiratory tract infections: Another reason not to smoke
Patients who smoke need to be informed about the benefits of being vaccinated and stopping smoking.
S. Murin and K. Smith Bilello

IM BOARD REVIEW
Fever in a returned traveler
Six weeks after returning from Manaus, Brazil, he has recurring symptoms of fever, nausea, vomiting, diarrhea, headache, and malaise. What is the likely diagnosis?
E.P. Lesho, S. George, and G. Wortmann

REVIEW
Sleep apnea is linked to heart failure, but does treatment improve outcome?
Heart failure is a risk factor for sleep apnea, which in turn may adversely affect cardiovascular function.
L. Wexler and S. Javaheri

MEDICAL PROBLEMS IN PREGNANCY
Optimizing outcomes in pregnant women with epilepsy
Risks can be minimized with preconception planning, careful obstetric care, and close postpartum follow-up.
L. E. Jeha and H. H. Morris

MEDICAL GRAND ROUNDS
The end of the diet debates?
All fats and carbs are not created equal
The healthiest diet is a Mediterranean type that features foods that are high in omega-3 fatty acids, unsaturated fats, and fiber, and that have a low glycemic index.
A.S. Agatston

PATIENT-ORIENTED EVIDENCE THAT MATTERS (POEMs)
- ABCD rule predicts 7-day stroke risk in transient ischemic attack
- Statins are not associated with decreased dementia
- Treating negative-dipstick dysuria decreases symptoms

DEPARTMENTS
CME Calendar
CME Self-test Online

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