

## TABLE OF CONTENTS

## FROM THE EDITOR.....

**Who would have thought? 247**

Fifteen years ago, universal screening for human immunodeficiency virus would have been met with cries of discrimination and therapeutic nihilism, but not in 2007. Who would have thought?

B. F. MANDELL

## REVIEW.....

**Advances in treating insomnia 251**

Hypnotic drugs should not be the sole treatment for insomnia: the regimen should include sleep hygiene and behavioral therapies.

K. BUDUR, C. RODRIGUEZ, AND N. FOLDVARY-SCHAEFER

## 1-MINUTE CONSULT.....

**At what age should we discontinue colon cancer screening in the elderly? 269**

In general, you should stop when you do not expect the patient to live 7 to 10 more years. However, the full answer is more complicated.

R. LOSEY AND B. J. MESSINGER-RAPPORT

## MEDICAL GRAND ROUNDS.....

**Recognizing and managing fibromuscular dysplasia 273**

Many physicians consider fibromuscular dysplasia to be rare, but it is not that uncommon: it is simply often overlooked or misdiagnosed.

J. W. OLIN



## IM BOARD REVIEW.....

**An 18-year-old with effort-related arm swelling 283**

A high school senior with a baseball scholarship presents with the acute onset of swelling in his nondominant arm. What is the most likely diagnosis and the most appropriate initial diagnostic test?

S. GOEL, D. G. CLAIR, AND T. L. CARMAN

CONTINUED ON PAGE 245

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

CLEVELAND  
CLINIC  
JOURNAL OF  
MEDICINE

## EDITORIAL STAFF

BRIAN F. MANDELL, MD, PhD *Editor-in-Chief*  
DAVID D. K. ROLSTON, MD *Deputy Editor*  
PHILLIP E. CANUTO *Executive Editor*  
RAY BORAZANIAN *Managing Editor*  
DAVID A. HUDDLESTON *Manuscript Editor*  
JOSEPH A. PANGRACE *Medical Art Director*  
AMY SLUGG MOORE *Patient Education Editor*

## PUBLISHING OPERATIONS

PETER G. STUDER *Publisher*  
BRUCE M. MARICH *Production Manager*  
IRIS TRIVILINO *Department Coordinator*  
LAURIE WEISS *Billing/Accounting*

## CUSTOM PROGRAMS

GLENN R. CAMPBELL *Executive Editor*  
WAYNE KUZNAR *Editorial Project Leader*  
KATHY DUNASKY *Production Manager*

## ASSOCIATE EDITORS

ALEJANDRO C. ARROLIGA, MD  
ARMAN T. ASKARI, MD  
MICHAEL BOLOOKI, MD  
DAVID BRONSON, MD  
DANIEL J. BROTMAN, MD  
WILLIAM D. CAREY, MD  
EIZA CHING, MD  
GARY FRANCIS, MD  
KATHLEEN FRANCO-BRONSON, MD  
STEVEN M. GORDON, MD  
BRIAN GRIFFIN, MD  
GARY HOFFMAN, MD  
BYRON J. HOOGWERF, MD  
AMIR JAFFER, MD  
GURJIT KAUR, DO  
DERK W. KRIEGER, MD  
MANDY C. LEONARD, PharmD  
ANGELO A. LICATA, MD, PhD  
ATUL C. MEHTA, MD  
FRANKLIN A. MICHOTA, MD  
ROBERT M. PALMER, MD

CURTIS RIMMERMAN, MD  
DOUGLAS SEIDNER, MD  
BERNARD J. SILVER, MD  
DONALD G. VIDT, MD  
WILLIAM S. WILKE, MD  
MARC WILLIAMS, MD

## EDITORS EMERITI

JOHN D. CLOUGH, MD  
HERBERT P. WIEDEMANN, MD  
JAMES S. TAYLOR, MD

## CLEVELAND CLINIC

DELOS M. COSGROVE, MD  
*President and Chief Executive Officer*

## CLEVELAND CLINIC

DIVISION OF EDUCATION  
ANDREW J. FISHLEDER, MD  
*Chairman*  
PHILLIP R. GARD  
*Administrator*

REPRINTS: Laurie Weiss 216-444-2661 E-mail ccjm@ccf.org

*Cleveland Clinic Journal of Medicine* (ISSN 0891-1150) is published monthly by Cleveland Clinic from editorial offices at 9500 Euclid Avenue, Cleveland, OH 44195. Periodicals postage paid at Cleveland, OH, and at additional mailing offices. POSTMASTER: Send address changes to the *Cleveland Clinic Journal of Medicine*, NA32, 9500 Euclid Avenue, Cleveland, OH 44195.

STATEMENTS AND OPINIONS expressed in the *Cleveland Clinic Journal of Medicine* are those of the authors and not necessarily of Cleveland Clinic or its Board of Trustees.

SUBSCRIPTION RATES: U.S. and possessions: personal \$108; institutional \$134; single copy/back issue \$20. Foreign: \$134; single copy/back issue \$20. 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.

## SUBSCRIPTIONS, EDITORIAL, BILLING/ACCOUNTING, AND PRODUCTION:

(same address as above) • Phone (216) 444-2661 • Fax (216) 444-9385  
• E-mail ccjm@ccf.org • Web site 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  
• E-mail JoeDennehy24@aol.com

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, 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 Reproduction department at CCC, fax (978) 750-4470. For further information visit CCC online at www.copyright.com. To order bulk reprints, see above.

DISCLAIMER: The information in this educational activity is provided for general medical education purposes only and is not meant to substitute for the independent medical judgment of a physician relative to diagnostic and treatment options of a specific patient's medical condition. The viewpoints expressed in this CME activity are those of the authors. They do not represent an endorsement by The Cleveland Clinic Foundation. 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 CME activity.

COPYRIGHT © 2007 THE CLEVELAND CLINIC FOUNDATION. ALL RIGHTS RESERVED. PRINTED IN U.S.A.



# UPCOMING FEATURES

- Should we treat heart failure differently in women?
- The 'ART' and the science of assisted reproduction
- Parkinson disease: More than motor symptoms
- Opiate addiction therapy goes office-based
- Hyponatremia in a stroke patient: SIADH? Or cerebral salt wasting?
- Should colchicine be used to treat pericarditis?
- Psychiatric effects of anabolic steroid abuse
- The protean neurologic effects of varicella zoster infection



DEDICATED TO EXCELLENCE IN LEARNING

CLEVELAND CLINIC JOURNAL OF MEDICINE

CONTINUED FROM PAGE 242

**MEDICAL PROBLEMS IN PREGNANCY**.....

**Managing varicella zoster infection in pregnancy** **290**

Varicella zoster virus infection can be serious for pregnant women and their babies, although it is rare. Fortunately, it is preventable by vaccination.

C. GARDELLA AND Z.A. BROWN

**INFECTIOUS DISEASE ALERT**.....

**HIV screening for all: The new standard of care** **297**

The US Centers for Disease Control and Prevention now recommends testing all patients age 13 to 64 years in all health care settings, using an “opt-out” rather than an “opt-in” approach. We urge physicians and health care systems to embrace these recommendations.

W.S. ARMSTRONG AND A.J. TAEGE

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

- **Alendronate therapy is unnecessary for most women after 5 years** **248**
- **Dapsone gel is effective for acne vulgaris treatment** **250**
- **Presence of risk factors doesn't predict acute coronary syndrome** **302**

**DEPARTMENTS**.....

- CME Calendar** **246**
- Letter to the Editor** **301**  
Neuropathic pain (August 2006)
- CME Self-test Online** **303**

**Publisher's Note**

Readers may notice a few small changes to the design of the CCJM. The green and gold Cleveland Clinic logo has been removed from our cover as well as from the interior of the *Journal* as part of the updating of Cleveland Clinic's design guidelines.

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