Table of Contents

From the Editor
When snoring is more than an annoyance 457
We should vigilantly look for obstructive sleep apnea and, if it is diagnosed, strongly encourage treatment.
B.F. Mandell

Smart Testing
Do imaging studies have value in a patient with acute, nonspecific low back pain? 462
Consider imaging only in patients who have red flags for fracture or malignancy.
C.D. Smith and P.C. Alguire

Smart Testing
Better care is the best defense: High-value clinical practice vs defensive medicine 464
Viewing every patient as a potential lawsuit is bad for patients, practice, and the health care system.
L. Snyder Sulmasy and S.E. Weinberger

The Clinical Picture
Alveolar proteinosis: A slow drowning in mud 468
The patient improved markedly after whole-lung lavage and has had no recurrence at 1 year.
M.H. Alshafi

The Clinical Picture
A 78-year-old smoker with an incidental pulmonary mass 477
His age, smoking history, and findings on radiography raised the concern of lung cancer.
A.N. Tavare and C. Cash

CONTINUED ON PAGE 456
Sleep apnea ABCs: Airway, breathing, circulation
Obstructive sleep apnea is common, poorly recognized, and, if untreated, leads to serious health consequences.

R. MEHRA

New-onset epilepsy in the elderly: Challenges for the internist
New-onset epilepsy in the elderly requires navigating difficult diagnostic and treatment challenges.

S. GHOSH AND L.E. JEHI

Treating epilepsy in the elderly: More art than science
When treating patients, one size does not fit all—and especially so with the elderly.

I.E. LEPPIK AND A.K. BIRNBAUM

Perioperative beta-blockers in noncardiac surgery: The evidence continues to evolve
Initial studies in the 1990s were favorable, but evidence has been conflicting since then.

M. MUSHTAQ AND S.L. COHN

Reducing readmissions for COPD
Help your patients quit smoking
When patients on new oral anticoagulants need surgery
Why study cardiovascular outcomes in type 2 diabetes?
What to expect from the protein-sparing modified fast
Managing snoring: When to consider surgery
Hospital medicine: Recent studies you wish you’d read
Diabetes therapy and cancer risk in practice
Hand, foot, and mouth disease: Not just in kids