

# TABLE OF CONTENTS

FROM THE EDITOR .....

**The simple lab test is sometimes more complex than we think, if we think about it at all** 13

Before ordering more tests because of an abnormal laboratory result (eg, elevated creatine kinase), think about its biology.

B.F. MANDELL

THE CLINICAL PICTURE.....

**Bony bumps in the mouth** 17

Torus palatinus and torus mandibularis are benign bony overgrowths arising from cortical bone.

S. CHATTERJEE

THE CLINICAL PICTURE.....

**Eventration of the diaphragm presenting as spontaneous pneumothorax** 19

A 25-year-old man presents with sudden onset of right-sided back and chest pain and shortness of breath.

P. GO AND Z. HAMMOUD

SMART TESTING .....

**Serum allergen-specific IgE testing: How much is too much?** 21

The Choosing Wisely campaign and others advocate against indiscriminate IgE testing in evaluating allergy.

C.K. LAU AND C. NAUGLER

1-MINUTE CONSULT .....

**Obstructive sleep apnea: Who should be tested, and how?** 25

Only 10% of people with obstructive sleep apnea are diagnosed—a dismal statistic, considering the consequences.

M.B. MANNE AND G. RUTECKI

IM BOARD REVIEW

**Not all abdominal pain is gastrointestinal** 29

A 31-year-old woman presents with right mid-abdominal pain that began 1 day ago.

M. BOULES, M. MICHAEL, J. CHANG, B. VROOMAN, M. KROH, AND M. RIZK

CONTINUED ON PAGE 12



## Online Features

### Access

Cleveland Clinic Journal of Medicine content is readily available to all and is free of charge at [www.ccjm.org](http://www.ccjm.org). On your first visit, we will ask you to take a few minutes to register, but subsequent visits will be unencumbered except for an occasional request for your e-mail address when you visit using another device (eg, mobile phone, tablet).

### Services

- Navigate quickly to articles in current and past issues via links on the home page and pull-down menus at the top of the page. Use the search function to find a specific article, or browse by topic or article type.
- Continuing medical education activities are accessible from article links and from a CME pull-down menu on the home page. Participation is free.
- Follow links on the home page to news, summaries of recent scientific meetings, and interactive quizzes.
- Click on the PDF symbol at the top of any online article to read, download, or print the article in PDF format.

### Social Networking

To post a *CCJM* article to Facebook or Twitter, just click on the icon at the top of any online article.

[www.ccjm.org](http://www.ccjm.org)

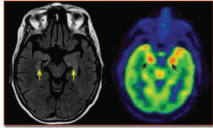
CONTINUED FROM PAGE 8

**CME CREDIT REVIEW** ..... 37  
**Approach to asymptomatic creatine kinase elevation**

Standard cutoffs may be too low. First, repeat the test after 7 days without exercise.

S. MOGHADAM-KIA, C.V. ODDIS, AND R. AGGARWAL

**CME CREDIT REVIEW** ..... 43  
**Autoantibody-mediated encephalitis: Not just paraneoplastic, not just limbic, and not untreatable**



Suspect these syndromes in cases of unexplained seizure, encephalitis, or acute-onset psychiatric syndromes.

A. JAMMOUL, Y. LI, AND A. RAE-GRANT

**CME CREDIT REVIEW** ..... 55  
**Managing interstitial lung disease detected on CT during lung cancer screening**

How to distinguish among the most common forms, and the role of the primary care physician in managing them.

B.D. SOUTHERN, R.G. SCHERAGA, AND R. YADAV

**CME CREDIT REVIEW** ..... 67  
**Alcohol withdrawal syndrome in medical patients**

Deprived of alcohol while in the hospital, many alcoholic patients go into withdrawal. Clinicians should be ready.

J.S. GORTNEY, J.N. RAUB, P. PATEL, L. KOKOSKA, M. HANNAWA, AND A. ARGYRIS

**DEPARTMENTS** ..... 7  
**CME Calendar**

**Letters to the Editor** ..... 15  
 Readers comment on vitamin B<sub>12</sub> deficiency (July 2015) and on preoperative testing (October 2015).

**CME Test Directions** ..... 80

# Upcoming Features

- **Malpractice: Two perspectives**
- **The SPRINT trial: In systolic pressure, how low should you go?**
- **Prescribing exercise for weight loss**
- **Advances in treating dyslipidemia**
- **When COPD and sleep apnea overlap**
- **Celiac disease: Genes, diet, microbiome?**
- **Preventing suicide in veterans**
- **Neurologic emergencies: When minutes count**

