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FROM THE EDITOR

Why I, as a rheumatologist, am happy to make the diagnosis of obstructive sleep apnea **712**

Why should a rheumatologist have special interest in this disorder? The answer lies in 2 major reasons patients are referred for a rheumatology consultation: fatigue and inflammation.

Brian F. Mandell, MD, PhD

THE CLINICAL PICTURE.....

Oral lichen planus **717**

Risk factors include medications, dental materials, and viral infections such as hepatitis C.

Sanjana Mathew, MBBS; Carol Lobo, MBBS, MD; Meryl Antony, MBBS, MD

THE CLINICAL PICTURE.....

Stiff hands in a man with type 1 diabetes **721**

The patient had been on injectable insulin for the past 6 years, with frequent dose titrations because of poor control. A recent hemoglobin A1c was 7.2%.

Rhea Ahuja, MD; Purn Pragya, MBBS

1-MINUTE CONSULT..... **CME | MOC**

Should my patients take their blood pressure medications in the evening to enhance cardiovascular benefit? **725**

The focus should be to achieve blood pressure control and facilitate adherence, regardless of the timing of the medications.

Elias Bassil, MD; George Thomas, MD; Jagmeet Dhingra, MD; Ali Mehdi, MD, MEd, FACP, FASN

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Upcoming Features

- Grading the current consumer-grade wearable cardiac monitors
- When to consider SGLT-2 inhibitors in patients with acute decompensated heart failure?



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COMMENTARY

Hey, Doc: Could the 2023–2024 cold and flu season finally be the calm after the storm? 729

The author answers questions patients may have about the currently available influenza, COVID-19, and respiratory syncytial virus vaccines.

Sherif Beniamen Mossad, MD, FACP, FIDSA, FAST

SYMPTOMS TO DIAGNOSIS

The drop of a pin: Accidental ingestion of a sharp foreign body 737

If endoscopic retrieval fails, conservative management may be appropriate with daily abdominal radiography.

Mina Rismani, MD; Adrian Pona, MD; Monia E. Werlang, MD

REVIEW

Contemporary surgical and procedural management of benign prostatic hyperplasia 745

The authors provide an overview of currently available and guideline-backed treatments.

Ayodeji E. Sotimehin, MD; Eiftu Haile, MD; Bradley C. Gill, MD, MS

REVIEW



Treatments for obstructive sleep apnea: CPAP and beyond 755

Options include behavioral interventions, oral appliances, nasal expiratory positive airway pressure, negative pressure interventions, and surgical procedures. Certain drugs are also promising.

Loutfi S. Aboussouan, MD; Aparna Bhat, MD; Todd Coy, DMD; Alan Kominsky, MD

DEPARTMENTS

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