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FROM THE EDITOR 712

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..... 717

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..... 721

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** 725

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

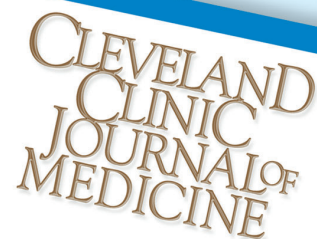
The focus should be to achieve blood pressure control and facilitate adherence, regardless of the timing of the medications.

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

CME Calendar 714

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