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Why I, as a rheumatologist, am happy to make the diagnosis of obstructive sleep apnea
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
Risk factors include medications, dental materials, and viral infections such as hepatitis C.

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

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Stiff hands in a man with type 1 diabetes
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 ....................................................................................................................................... 725

Should my patients take their blood pressure medications in the evening to enhance cardiovascular benefit?
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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Hey, Doc: Could the 2023–2024 cold and flu season finally be the calm after the storm?  
The author answers questions patients may have about the currently available influenza, COVID-19, and respiratory syncytial virus vaccines.  
Sherif Beniameen Mossad, MD, FACP, FIDSA, FAST

The drop of a pin: Accidental ingestion of a sharp foreign body  
If endoscopic retrieval fails, conservative management may be appropriate with daily abdominal radiography.  
Mina Rismani, MD; Adrian Pona, MD; Monia E. Werlang, MD

Contemporary surgical and procedural management of benign prostatic hyperplasia  
The authors provide an overview of currently available and guideline-backed treatments.  
Ayodeji E. Sotimehin, MD; Eiftu Haile, MD; Bradley C. Gill, MD, MS

Treatments for obstructive sleep apnea: CPAP and beyond  
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