

# THE AMERICAN JOURNAL *of* MEDICINE®

www.amjmed.com

CONTENTS

*The Green Journal*

August 2015 Volume 128/Number 8

## EDITORIALS

- 799 **Airline Hygiene**  
Joseph S. Alpert
- 800 **Solutions to the Primary Care Physician Shortage**  
Jason Fodeman and Phil Factor

## COMMENTARIES

- 802 **Caveats to Consider When Calculating Healthcare Value**  
William B. Weeks and James N. Weinstein
- 804 **Primary Risk Prevention in the Elderly: Use Clinician-Patient Discussions, Not Automatic Statin Prescribing**  
Neil J. Stone and Conrad B. Blum

## REVIEWS

- 807 **Why do so Many Americans Oppose the Affordable Care Act?**  
James E. Dalen, Keith Waterbrook, and Joseph S. Alpert

*Some Americans have a love/hate relationship with the Affordable Care Act. They love having health insurance, but they don't trust the government.*

- 811 **Obstructive Sleep Apnea: A New Preventive and Therapeutic Target for Stroke**

Vahid Mohsenin

*Obstructive sleep apnea increases the risk of new-onset stroke independently of the established stroke risk factors—obesity, hypertension, diabetes mellitus, dyslipidemia and smoking. More than 50% of stroke patients have obstructive sleep apnea.*

- 817 **Irritable Bowel Syndrome: Modern Concepts and Management Options**

Gregory S. Sayuk and C. Prakash Gyawali

*Irritable bowel syndrome is the most common functional gastrointestinal disorder, manifesting as abdominal pain/discomfort and altered bowel function. Despite affecting as many as 20% of adults, a lack of understanding of etiopathogenesis and evaluation strategies results in diagnostic uncertainty.*

## CLINICAL EFFECTIVENESS

- 828 **Meaningful Utilization of After-visit Summaries in the Ambulatory Setting**

Naama Neeman and Niraj L. Sehgal

## DIAGNOSTIC DILEMMAS

- 831 **The Perils of Country Life: Human Monocytic Ehrlichiosis**

Talal Hilal and William K. Snapp



0002-9343(201508)128:8;1-B

A7

**834 Back with a Vengeance: Microvascular Tumor Embolism**

Mayu Yunokawa, Koji Tsuta, Takashi Tanaka, Eriko Nara, Fumiaki Koizumi, Junko Ito, Shigeki Sekine, Yasuhiro Fujiwara, and Kenji Tamura

**837 Getting the Whole Picture: Lymphangitic Carcinomatosis**

Abhishek Biswas and Peruvemba S. Sriram

---

**ECG IMAGE OF THE MONTH**

**841 Danger Ahead: Dynamic Hyperacute T Waves**

Yin Ge, Philip J. Podrid, and David M. Dudzinski

---

**CLINICAL RESEARCH STUDIES**

**844 Scope of Problem of Pulmonary Arterial Hypertension**

Paul D. Stein, Fadi Matta, and Patrick G. Hughes

*Between 2007-11, emergency department visits, hospitalizations and deaths in patients with pulmonary arterial hypertension decreased.*

**852 Diagnosis of Unstable Angina Pectoris Has Declined Markedly with the Advent of More Sensitive Troponin Assays**

Maria D'Souza, Laura Sarkisian, Lotte Saaby, Tina S. Poulsen, Oke Gerke, Torben B. Larsen, Axel C.P. Diederichsen, Nikolaj Jangaard, Søren Z. Diederichsen, Susanne Hosbond, Jens Hove, Kristian Thygesen, and Hans Mickley

*The application of the universal definition, together with the employment of a contemporary troponin assay, appears to have reduced the proportion of patients with unstable angina pectoris to the benefit of patients with non-ST elevation myocardial infarction (NSTEMI). Despite this, NSTEMI patients have a sustained higher mortality rate than patients with STEMI.*

**861 One-hour Rule-in and Rule-out of Acute Myocardial Infarction Using High-sensitivity Cardiac Troponin I**

Maria Rubini Gimenez, Raphael Twerenbold, Cedric Jaeger, Christian Schindler, Christian Puelacher, Karin Wildi, Tobias Reichlin, Philip Haaf, Salome Merk, Ursina Honegger, Max Wagener, Sophie Druet, Carmela Schumacher, Lian Krivoshei, Petra Hillinger, Thomas Herrmann, Isabel Campodarve, Katharina Rentsch, Stefano Bassetti, Stefan Osswald, and Christian Mueller

*Using a simple algorithm incorporating baseline high-sensitivity cardiac troponin I values and the absolute change within the first hour allows safe rule-out as well as accurate rule-in of acute myocardial infarction in 70% of patients presenting with suspected acute myocardial infarction.*

**871 Medical History for Prognostic Risk Assessment and Diagnosis of Stable Patients with Suspected Coronary Artery Disease**

James K. Min, Allison Dunning, Heidi Gransar, Stephan Achenbach, Fay Y. Lin, Mouaz Al-Mallah, Matthew J. Budoff, Tracy Q. Callister, Hyuk-Jae Chang, Filippo Cademartiri, Erica Maffei, Kavitha Chinnaiyan, Benjamin J.W. Chow, Ralph D'Agostino, Augustin DeLago, John Friedman, Martin Hadamitzky, Joerg Hausleiter, Sean W. Hayes, Philipp Kaufmann, Gilbert L. Raff, Leslee J. Shaw, Louise Thomson, Todd Villines, Ricardo C. Cury, Gudrun Feuchtner, Yong-Jin Kim, Jonathon Leipsic, Hugo Marques, Daniel S. Berman, and Michael Pencina

*For stable symptomatic patients with suspected coronary artery disease, this research team developed a history-based method for prediction of death and obstructive coronary artery disease.*

Please note that articles with an “e” page designation are available only in the online version of the Journal at [www.amjmed.com](http://www.amjmed.com).

**879 Outcomes of Acute Myocardial Infarction in Patients with Hypertrophic Cardiomyopathy**

Tanush Gupta, Prakash Harikrishnan, Dhaval Kolte, Sahil Khera, Wilbert S. Aronow, Marjan Mujib, Chandrasekar Palaniswamy, Sachin Sule, Diwakar Jain, Ali Ahmed, Gregg M. Lanier, Howard A. Cooper, William H. Frishman, Gregg C. Fonarow, and Julio A. Panza

*Hypertrophic cardiomyopathy patients represent a small proportion of patients with acute myocardial infarction and are less likely to receive revascularization.*

**888 Prevention of Knee Osteoarthritis in Overweight Females: The First Preventive Randomized Controlled Trial in Osteoarthritis**

Jos Runhaar, Marienke van Middelkoop, Max Reijman, Sten Willemsen, Edwin H. Oei, Dammis Vroegindewij, Gerjo van Osch, Bart Koes, and Sita M.A. Bierma-Zeinstra

*Although a pragmatic lifestyle intervention reduced participants' body weight during the first year, neither this lifestyle intervention nor oral glucosamine sulfate prevented incident knee osteoarthritis in the long term.*

**896 Tailored, Interactive Text Messages for Enhancing Weight Loss Among African American Adults: The TRIMM Randomized Controlled Trial**

Michael Lin, Zayan Mahmooth, Nicket Dedhia, Robin Frutchey, Catherine E. Mercado, David H. Epstein, Kenzie L. Preston, Michael C. Gibbons, Janice V. Bowie, Alain B. Labrique, and Lawrence J. Cheskin

*Tailored text messages to patients can enhance weight loss efforts. Greater engagement with the messages predicted better weight loss.*

**905 Impact of a Clinical Pharmacist Stress Ulcer Prophylaxis Management Program on Inappropriate Use in Hospitalized Patients**

Mitchell S. Buckley, Andrew S. Park, Clint S. Anderson, Jeffrey F. Barletta, Dale S. Bikin, Richard D. Gerkin, Cheryl W. O'Malley, Laura M. Wicks, Roxanne Garcia-Orr, and Sandra L. Kane-Gill

*The implementation of a pharmacist-managed stress ulcer prophylaxis program was associated with a decrease in inappropriate acid suppression rates during hospitalization and upon discharge as well as significant costs-savings.*

---

**REVIEW**

**914.e1 Ezetimibe Plus Moderate-dose Simvastatin After Acute Coronary Syndrome: What Are We IMPROVEing On?**

James J. DiNicolantonio, Subhankar Chatterjee, Carl J. Lavie, Sripal Bangalore, and James H. O'Keefe

*Giving patients another lipid-lowering agent on top of statin therapy benefits the primary endpoint in acute coronary syndrome patients.*

---

**CLINICAL RESEARCH STUDIES**

**914.e5 The New Lipid Guidelines: What Do Primary Care Clinicians Think?**

Sina Jamé, Eve Wittenberg, Michael B. Potter, and Kirsten E. Fleischmann

*The majority of physicians surveyed knew about the new lipid-lowering guidelines, and many have implemented them in their practice. However, barriers to implementation must be addressed.*

**914.e11 Baseline Q Waves and Time From Symptom Onset to ST-segment Elevation Myocardial Infarction: Insights From PLATO on the Influence of Sex**

Naji Kholaf, Yinggan Zheng, Pushpa Jagasia, Anders Himmelmann, Stefan K. James, Philippe Gabriel Steg, Robert F. Storey, Cynthia M. Westerhout, and Paul W. Armstrong

*Women with ST-segment elevation myocardial infarction presented later after symptom onset than men, and women more often exhibited baseline Q waves.*

---

**CLINICAL COMMUNICATIONS TO THE EDITOR**

**e1 Spontaneous Bacterial Peritonitis in a Patient with Anorexia Nervosa with Profound Zinc and Iron Deficiency**

Anna Mattinson, Anthony J. Pelosi, and Andrew Jamieson

- e3 Zinc Deficiency Presenting with Necrolytic Acral Erythema and Coma**  
Baruch D. Jakubovic, Jonathan S. Zipursky, Natalie Wong, Michele McCall, Henry R. Jakubovic, and Vincent Chien
- e5 Gastrointestinal Bleeding, Aortic Stenosis, and the Hiding Culprit**  
Paul A. Perry, Broadus Z. Atkins, and Ezra A. Amsterdam
- e7 Life-threatening Folic Acid Deficiency: Diogenes Syndrome in a Young Woman?**  
Mia Sheridan and Andrew Jamieson
- e9 Plasma-cell Mastitis with Two Other Concomitant Diseases**  
Jeb S. Clark, Elizabeth Bui, Joshua Williams, and Barbara S. Craft
- e23 Mostly Early Invasive Management May Improve Outcomes in Patients with Myocardial Infarction and Cardiogenic Shock**  
Sébastien Champion
- e25 The Reply**  
Sripal Bangalore, Navdeep Gupta, Yu Guo, Anuradha Lala, Leora Balsam, Robert O. Roswell, Alex Reventovich, and Judith S. Hochman
- e27 The Good, the Bad, and the...Empathic**  
Alain Braillon
- e29 The Reply**  
Maddy Greville-Harris and Paul Dieppe
- e31 Atrial Electrical Activity: Absent or Scarcely Evident?**  
Javier García-Niebla and Antonio Bayés de Luna

---

## LETTERS

- e11 Colchicine Toxicity: An Exaggerated Reality?**  
Yalcin Solak, Seyyid Bilal Acikgoz, and Mehmet Yildirim
- e13 The Reply**  
Anastasia Slobodnick, Binita Shah, Michael Pillinger, and Svetlana Krasnokutsky
- e15 Why the Physical Examination Gets No Respect**  
Edward Volpintesta
- e17 The Reply**  
Paul Bergl
- e19 Prevalence of Comorbidities in Patients with Takotsubo Syndrome**  
John E. Madias
- e21 The Reply**  
Francesco Pelliccia and Guido Parodi

---

## BRIEF OBSERVATION

- 916 Cryofibrinogenemia: A Marker of Severity of Cryoglobulinemic Vasculitis**  
Martin Michaud, Guillaume Moulis, Bénédicte Puissant, Laurent Balardy, Antoine Huart, Francis Gaches, Pierre Cougoul, Philippe Arlet, Antoine Blancher, Jacques Pourrat, and Laurent Sailler

---

## AAIM PERSPECTIVES

- 922 The '16-Hour Rule': A Giant Step, But in which Direction?**  
Joel H. Popkin, Khaled E. Eissa, Kathleen M. Mazor, and Celeste A. Lemay

---

## CLASSIFIED ADS

- B1 Positions available**