

# THE AMERICAN JOURNAL *of* MEDICINE®

www.amjmed.com

CONTENTS

*The Green Journal*

May 2021 Volume 134/Number 5

## COMMENTARIES

- 557 **Mortality from Fear**  
Joseph S. Alpert
- 559 **Cardiac Rehab in the COVID-19 Pandemic**  
Cristina Pecci and Muhammad Ajmal
- 561 **When Less is More: A Caring Physician's Dilemma**  
Daniel M. Gelfman
- 563 **Reflections to My Beloved Grandchildren for the New Year 2021**  
Charles H. Hennekens

## REVIEWS

- 565 **Ending Racial Bias in American Medicine: A Call for Help from the AMA, NMA, AAMC, and the Rest of Us**  
Richard D. deShazo, Craig J. Hoesley, and Selwyn M. Vickers

*Institutional racial and ethnic bias have existed in American medicine since the beginning. American medical organizations have acknowledged complicity and regret, and are looking to develop curricular materials and experiences to eliminate bias in health care.*

- 569 **The Future of Meat: Health Impact Assessment with Randomized Evidence**  
João Pedro Ferreira, Abhinav Sharma, and Faiez Zannad

*Massive animal farming for meat production poses major problems in terms of resource use, environmental impact, biodiversity, and human health. Novel meat alternatives such as plant and cell-based meat are much less impactful on the environment and might replace traditional animal meat in the future.*

- 576 **Contemporary Management of Pancreatic Cancer from an Internist Perspective**  
Qurat ul Ain Riaz Sipra, Mahnoor Islam, Irbaz Bin Riaz, Jin Zhaohui, Hani M. Babiker, Tanios S. Bekaii-Saab, and Mohamad Bassam Sonbol

*Internists can play a pivotal role in guiding targeted screening for individuals at high risk for pancreatic cancer. Collaborative efforts by internists and oncologists are needed to optimize patients' quality of life across all stages of pancreatic cancer.*



0002-9343(202105)134:5;1-J

A3

- 587 **Cardiac Amyloidosis for the Primary Care Provider: A Practical Review to Promote Earlier Recognition of Disease**  
Kathleen W. Zhang, Srilakshmi Vallabhaneni, Jose A. Alvarez-Cardona, Ronald J. Krone, Joshua D. Mitchell, and Daniel J. Lenihan

*Cardiac amyloidosis is a treatable condition that is underdiagnosed in clinical practice. Attention to characteristic “red flag” findings on clinical history, review of systems, physical examination, and basic cardiology testing can improve recognition of this disease among primary care providers.*

---

### DIAGNOSTIC DILEMMA

---

- 596 **Investigating Liver Masses in Young Adults**  
Natassia Tan, Ross Apostolov, Minnie Au, Abhinav Vasudevan, and Amanda Nicoll

---

### ECG IMAGE OF THE MONTH

---

- 599 **Small Bowel Obstruction Mimicking Acute Inferior ST-Elevation Myocardial Infarction**  
Nicholas K. Baldwin, Christopher W. Ives, William S. Morgan, Mitchell H. Bowman, and Arka Chatterjee

---

### IMAGES IN RADIOLOGY

---

- 603 **Starry Sky In Disseminated Tuberculosis**  
Jayantee Kalita, Prakash C. Pandey, and Usha K. Misra

---

### CLINICAL RESEARCH STUDIES

---

- 606 **Sodium-Glucose Co-Transporter 2 Inhibitors and the Risk of Venous Thromboembolism in Patients with Type 2 Diabetes: A Cohort Study**  
Niklas Schmedt, Dirk Enders, Jochen Walker, Edeltraut Garbe, and Antonios Douros

*SGLT2 inhibitors were not associated with an increased rate of venous thromboembolism compared with DPP-4 inhibitors in patients with type 2 diabetes, thus providing reassurance regarding their thromboembolic safety.*

- 614 **Association of Marijuana Use and Cardiovascular Disease: A Behavioral Risk Factor Surveillance System Data Analysis of 133,706 US Adults**  
Siddharth Shah, Siddharth Patel, Shweta Paulraj, and Debanik Chaudhuri

*Frequent marijuana smoking is associated with significantly higher odds of stroke and myocardial infarction or coronary artery disease, with a possible role in premature cardiovascular disease.*

- 621 **Hospitalizations for High-Risk Pulmonary Embolism**  
Paul D. Stein, Fadi Matta, and Mary J. Hughes

*The incidence of high-risk pulmonary embolism has increased concordantly with the increasing incidence of all pulmonary embolism. Growing proportions of patients are being diagnosed with potentially lethal pulmonary embolism.*

- 626 **Impact of Coffee Consumption on Physiological Markers of Cardiovascular Risk: A Systematic Review**  
Homayoun L. Daneschvar, Gerald W. Smetana, Luke Brindamour, Paul A. Bain, and Kenneth J. Mukamal

*The available evidence is insufficient to reach clear answers on the impact of coffee consumption on inflammation and cardiovascular biomarkers. The authors cannot confidently conclude that an anti-inflammatory effect of coffee is a major contributing factor to the lower all-cause mortality reported in observational studies.*

- 637 **Mushroom Consumption and Cardiovascular Health: A Systematic Review**  
Chayakrit Krittanawong, Ameesh Isath, Joshua Hahn, Zhen Wang, Sonya E. Fogg, Dhruvajyoti Bandyopadhyay, Hani Jneid, Salim S. Virani, and W.H. Wilson Tang

*Edible mushroom consumption has not been shown to conclusively affect cardiovascular risk factors to date. However, potential health benefits may exist, including a favorable alteration of lipid profiles and blood pressure reduction.*

**643 Statin Therapy for Primary Prevention in the Elderly and Its Association with New-Onset Diabetes, Cardiovascular Events, and All-Cause Mortality**

Gil Lavie, Moshe Hoshen, Morton Leibowitz, Arriel Benis, Amichay Akriv, Ran Balicer, and Orna Reges

*Statin use for primary prevention among adults without diabetes is associated with cardiovascular benefit in adults over 70 years of age, without a significant risk for development of diabetes. Thus the use of statin therapy for primary prevention in the elderly may be supported.*

**653 Prevalence of Noncardiac Multimorbidity in Patients Admitted to Two Cardiac Intensive Care Units and Their Association with Mortality**

P. Elliott Miller, Alexander Thomas, Thomas J. Breen, Fouad Chouairi, Yukiko Kunitomo, Faisal Aslam, Abdulla A. Damluji, Nandan S. Anavekar, Joseph G. Murphy, Sean van Diepen, Gregory W. Barsness, Joseph Brennan, and Jacob Jentzer

*Current cardiac ICU practice has seen an increase in patient complexity, with increasing noncardiac comorbidities being associated with a substantially increased risk of hospital and postdischarge mortality. It is necessary to define best care pathways for CICU patients with acute cardiac illness complicated by noncardiac multimorbidity.*

**662 Physical Frailty Phenotype and the Development of Geriatric Syndromes in Older Adults with Coronary Heart Disease**

Abdulla A. Damluji, Shang-En Chung, Qian-Li Xue, Rani K. Hasan, Jeremy D. Walston, Daniel E. Forman, Karen Bandeen-Roche, Mauro Moscucci, Wayne Batchelor, Jon R. Resar, and Gary Gerstenblith

*Subjects with coronary disease combined with physical frailty had higher baseline prevalence of geriatric syndromes as compared with nonfrail participants, with accelerated development of geriatric syndromes at follow-up. Efforts to identify frailty in the context of coronary heart disease are needed.*

**672 Intensity of Guideline-Directed Medical Therapy for Coronary Heart Disease and Ischemic Heart Failure Outcomes**

Rebecca Crosier, Peter C. Austin, Dennis T. Ko, Patrick R. Lawler, Therese A. Stukel, Michael E. Farkouh, Xuesong Wang, John A. Spertus, Heather J. Ross, and Douglas S. Lee

*Patients with ischemic heart failure discharged on a greater number of guideline-directed medical therapies for coronary heart disease demonstrated improved survival, reduced cardiovascular mortality and reduction in the composite of death or cardiovascular readmission events.*

**682 Hemoglobin Monitoring in Acute Gastrointestinal Bleeding: Are We Monitoring Blood Counts Too Frequently?**

Isaac Jaben, Roula Sasso, and Don C. Rockey

*Blood count monitoring occurs more frequently than is likely necessary, is associated with a higher likelihood of blood transfusion, and does not affect patient outcomes, suggesting patient care may be improved by less frequent monitoring.*



**AJM ONLINE**

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).

**DIAGNOSTIC DILEMMA**

**e303 Chest Pain, Statins, Troponin Elevation, and Myopathy: A Diagnostic and Management Dilemma**

Daniel T. Tardo, Alana Bruce, Alice Pearlman, Louis W. Wang, Allan Sturgess, and Mark Pitney

**e306 Not Quite a Mono Spot Diagnosis. Splenic Infarction Complicating Infectious Mononucleosis**

Jacqueline V. Patruno, Luke Milross, and Muhammad M. Javaid

## BRIEF OBSERVATION

---

**e308 Antimycotic Treatment of Oral Candidiasis in Warfarin Users**

Ditte B. Iversen, Maja Hellfritsch, Tore B. Stage, Rune M. Aabenhus, Bent S. Lind, and Anton Pottegård

## CLINICAL COMMUNICATIONS TO THE EDITOR

---

**e313 A Pregnant Patient with Elevated Heart Rate**

Lindsey Aurora, Paul Nona, and Karthikeyan Ananthasubramaniam

**e315 Severe Small Heart Syndrome in a Patient with Anorexia Nervosa**

Tadayuki Takata, Kaori Ishikawa, Tatsuo Yachida, Hideki Kobara, Tsutomu Masaki, and Hisashi Masugata

**e317 Subclavian Steal Syndrome, Cerebellar Infarctions, and Alcohol**

Ina Dubin, Ami Schattner, and Yair Glick

**e319 Hypothermia-Induced Hypokalemia**

Hirofumi Yoshida, Wendy Reeve, and André M. Mansoor

**e321 Glucocorticoid-Induced Hypocalcemia in a Patient with Established Hypoparathyroidism**

Michael C. Onyema, Jessica Kearney, and Georgios K. Dimitriadis

**e323 Back to Basics: Parathyroid Adenoma Disguising as ‘CRAB’**

Tessa S. Lim, Tzi Ling Sim, Elise L. Low, Kathleen SY Sek, and Desmond B. Teo

**e325 Syndrome of Inappropriate Secretion of Antidiuretic Hormone After Endoscopic Procedure**

Yasuhiko Hamada and Kyosuke Tanaka

**e327 Is a Gallbladder Coming Back? A Seroma in the Gallbladder Fossa**

Ren Kuwabara and Yukinori Harada

**e329 A Rare but Fatal Waterborne Infection**

Rahul Peravali and Khawaja Muddassir

**e331 A Nodule on a Woman’s Umbilicus**

Yuka Maya, Yasuyuki Fujita, Takuya Mizukami, and Satoko Shimizu

**e333 Nodules, Adenopathy, and a Unilateral Opacity Mistaken for Granulomatous Disease**

Amanda C. Moale, Samantha J. Merck, Samuel J. Minkove, Sintawat Wangsiricharoen, and Sonye K. Danoff

**e335 Metastatic Adenocarcinoma of the Esophagus Presenting as Painless Cutaneous Nodules**

Mohammad Ammad Ud Din and JulieAnn Warner

**e337 Pathophysiology of the Rivero-Carvalho Sign in Tricuspid Stenosis**

Kazuhito Hirata, Tetsuya Asato, Yoshimoto Serizawa, and Minoru Wake

**e339 Phlegmasia Cerulea Dolens Related to Urinary Retention**

Travis Smith, Jarrod Kahre, and Zaven Sargsyan

## LETTERS

---

**e341 Comments on the Pathophysiological Basis and Rationale for Early Treatment of COVID-19**

Leonardo Weissmann, Alexandre Naime Barbosa, Bruno Scarpellini, Décio Diament, Eduardo Alexandrino Medeiros, Estevão Urbano Silva, Karen Mirna Loro Morejón, Priscila Rosalba Domingos Oliveira, Raquel Silveira Bello Stucchi, Roseane Porto Medeiros, Sérgio Cimerman, Tânia Regina Constant Vergara, and Clóvis Arns Cunha

**e343 The Reply**

Peter A. McCullough

**e345 Unproven Therapy Algorithms for Early SARS-CoV-2 Infection Are Dangerous**

Rodrigo Diaz Olmos and Felício Lopes Roque

**e346 The Reply**

Peter A. McCullough

**e348 Should We Eliminate Mental Health Questions on Applications for Medical Licensure?**

Christopher LaRocca

**e349 The Reply**

Nicholas D. Lawson

**e350 Appropriate Use of Cardiac Imaging: A Multidisciplinary Mandate**

Robert C. Hendel

- e351 The Reply**  
Anna S. Bader, Ami N. Rubinowitz,  
Christopher P. Gange Jr, Eric M. Bader,  
and Isabel O. Cortopassi
- e353 High-Grade Carotid Artery Stenosis and  
Atrial Fibrillation**  
Oscar M.P. Jolobe
- e354 The Reply**  
Antonios Vitalis, Alena Shantsila, and  
Gregory Y.H. Lip
- e356 Salt for Patients with Heart Failure and  
Hyponatremia?**  
Rinkoo Dalan
- e357 The Reply**  
Muhammad Shahzeb Khan, Daniel W. Jones,  
and Javed Butler
- e358 Replacing Bell Palsy with Idiopathic Facial  
Nerve Paralysis: What Says the Evidence?**  
Steven H. Yale, Halil Tekiner, and Eileen S. Yale
- e359 The Reply**  
Elizabeth George, Megan B. Richie, and  
Christine M. Glastonbury

- e360 The Novel Concept of Patient Self-Imaging:  
Success in COVID-19 and Cardiopulmonary  
Disorders**  
Pamela M. Resnikoff, Rujing Shi,  
Samantha R. Spierling Bagic, and  
Bruce J. Kimura
- e362 A Next Step Practice of Infection as a Trigger  
for Cardiovascular Diseases**  
Atsuyuki Watanabe

---

### BRIEF OBSERVATION

- 688 Wells Score to Predict Pulmonary Embolism in  
Patients with Coronavirus Disease 2019**  
Brittany Kirsch, Moez Aziz, Sungita Kumar,  
Michael Burke, Tyler Webster, Amrutha Immadi,  
Maurine Sam, Aditya Lal,  
Rosa M Estrada-Y-Martin, Sujith Cherian, and  
Gabriel Marcelo Aisenberg

---

### AAIM PERSPECTIVES

- 691 Common Cause and Common Purpose:  
Strategies to Increase Engagement in Faculty  
Development Activities**  
John Donnelly, Alaka Ray, Margaret C. Lo,  
Richard M. Wardrop III,  
Robert Ficalora, and Alpesh Amin