

# THE AMERICAN JOURNAL *of* MEDICINE®

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*Fish consumption may reduce cardiovascular disease events, but consumption of fried fish was associated with an increased risk of cardiovascular events. It is uncertain whether this association varies according to the type of fish.*

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Emily G. Holmes, Benjamin S. Cooley,  
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*Herein the authors propose a definition for against medical advice discharge, summarize recent research, and recommend a standard approach to patient requests for discharge against medical advice.*

- 727 **Infections in Cirrhosis: A Guide for the  
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*Cirrhotic patients are at risk for infections and suffering complications from them, including cirrhosis-associated immune deficiency. The most common infections in cirrhosis patients are discussed, along with techniques for the general clinician to prevent and treat these infections.*

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*Colchicine has shown effectiveness against pericarditis, atrial fibrillation, and in reducing complications of coronary artery disease. Although it is mostly well-tolerated, colchicine's safety, potential adverse effects, and common drug interactions should be considered*



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Martin Schönfelder, Hubert Oberreiter, Andreas Egger, Marcus Tschentscher, Silke Droese, and Josef Niebauer

*Six weeks of exercise-based outpatient cardiac rehabilitation significantly improved not only patients' physical work capacity but also quality of life. No significant differences between continuous exercise training, high-intensity interval training, and pyramid training were observed.*



**AJM ONLINE**

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*Misdiagnosis of atrial fibrillation in the electronic medical record is common; proper identification of high-risk patients who should be treated with oral anticoagulants would lower the reported treatment gap among these patients, and more accurately define real-world practices of oral anticoagulant use in high-risk patients.*

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