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ARTICLES

Long-Term Weight Loss and Changes in Blood Pressure: Results of the Trials of Hypertension Prevention, Phase II 1

V.J. Stevens, E. Obarzanek, N.R. Cook, I.-M. Lee, L.J. Appel, D. Smith West, N.C. Milas, M. Mattfeldt-Beman, L. Belden, C. Bragg, M. Millstone, J. Raczynski, A. Brewer, B. Singh, and J. Cohen, for the Trials of Hypertension Prevention Research Group

Even modest weight loss can lead to clinically significant long-term reductions in blood pressure and reduced risk for hypertension.

Cardiorespiratory Fitness and the Progression of Carotid Atherosclerosis in Middle-Aged Men 12

T.A. Lakka, J.A. Laukkanen, R. Rauramaa, R. Salonen, H.-M. Lakka, G.A. Kaplan, and J.T. Salonen

Good cardiorespiratory fitness is associated with slower progression of early atherosclerosis in middle-aged men. These findings are important because they emphasize that middle-aged men can be evaluated for cardiorespiratory fitness to estimate their future risk for atherosclerotic vascular diseases.

Relation between Directly Detected Patent Foramen Ovale and Ischemic Brain Lesions in Sport Divers 21

M. Schwerzmann, C. Seiler, E. Lipp, R. Guzman, K.O. Lövblad, M. Kraus, and N. Kucher

In divers, the significance of a patent foramen ovale and its potential relation to paradoxical gas emboli remain uncertain. This study found that regardless of whether a diver has a patent foramen ovale, diving is associated with ischemic brain lesions.

BRIEF COMMUNICATION

Diagnosis of Primary HIV-1 Infection 25

E.S. Daar, S. Little, J. Pitt, J. Santangelo, P. Ho, N. Harawa, P. Kerndt, J.V. Giorgi, J. Bai, P. Gaut, D.D. Richman, S. Mandel, and S. Nichols, for the Los Angeles County Primary HIV Infection Recruitment Network

No sign or symptom was found to allow targeted screening for primary HIV infection. Although assays for HIV RNA are more sensitive than those for p24 antigen in diagnosing primary infection, they are more expensive and are more likely to yield false-positive results.

ACADEMIA AND CLINIC

Reforming the Core Clerkship in Internal Medicine: The SGIM/CDIM Project 30

A.H. Goroll, G. Morrison, E.B. Bass, R. Jablonover, D. Blackman, R. Platt, A. Whelan, and F.P. Hekelman

The Society of General Internal Medicine and the Clerkship Directors in Internal Medicine constructed a new curriculum for the internal medicine core clerkship. This reform effort has led to a new consensus on the structure and content of the core clerkship in internal medicine, one that refocuses attention on learning basic generalist competencies and moves a substantial proportion of training into the outpatient setting.

UPDATES

Update in Hematology 38

G.P. Schechter, H.P.G. Dave, and B.M. Alving

The hematology topics that generated the most attention in the past year were the newer concepts in anticoagulation, thrombosis, hemostasis, transfusion therapy, hemochromatosis, and novel therapies for hematologic malignancy.

Psychopharmacologic Treatment Strategies for Depression, Bipolar Disorder, and Schizophrenia 47

I.D. Glick, T. Suppes, C. DeBattista, R.J. Hu, and S. Marder

This paper presents an updated synopsis for three major psychiatric illnesses: major depression, bipolar disorder, and schizophrenia. Current definitions, updated diagnostic criteria, short- and long-term treatment strategies with algorithms, and special challenges for the clinician are discussed for each of these illnesses.

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REVIEW

Nonhypoglycemic Effects of Thiazolidinediones 61

A.A. Parulkar, M.L. Pendergrass, R. Granda-Ayala, T.R. Lee, and V.A. Fonseca

The authors discuss the nonhypoglycemic effects of the thiazolidinediones, with an emphasis on the potential of these drugs to improve other components of the insulin resistance syndrome, such as dyslipidemia, hypertension, and impaired fibrinolysis. They also describe the thiazolidinediones' effects in other insulin-resistant states, such as the polycystic ovary syndrome; examine their effects on body weight and composition; and draw attention to other potential effects currently being investigated.

EDITORIALS

Obesity and Hypertension: What Should We Do? 72

T.G. Pickering

As highlighted in Stevens and colleagues' article in this issue, there is no simple solution to the problem of obesity. Dealing with it will require action at several levels: policy, education (of both the public and health care providers), and incorporation of a team approach to patient care that involves dietitians and health educators.

Diagnosis of Acute HIV Infection: It's Time To Get Moving! 75

T. Flanigan and K.T. Tashima

The article by Daar and colleagues in this issue is an important contribution regarding appropriate testing for acute or "primary" HIV infection. Primary care physicians should immediately begin to integrate routine screening for HIV infection so that individual patients and communities may benefit as soon as possible.

Authors, Editors, and Readers in the Brave New (Electronic) World 78

F. Davidoff

Electronic journals may or may not replace print versions in the lives of readers, but electronic systems have already proven invaluable in moving information back and forth, tracking it, retrieving it, and helping to do all the other intricate editorial housekeeping that's essential in creating a journal—not bad for a technology that's really just getting started.

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P. Portales, J. Clot, and P. Corbeau

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Narrative Medicine: Form, Function, and Ethics 83

R. Charon

Narrative medicine is medicine practiced with the narrative competence to recognize, interpret, and be moved to action by the predicaments of others. Examining medicine's practice of narrative writing may help us to understand its significance, its consequences, and the means to participate in it responsibly.

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