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ARTICLES

Effect of Aerobic Exercise on Blood Pressure: A Meta-Analysis of Randomized, Controlled Trials 493

S.P. Whelton, A. Chin, X. Xin, and J. He

Exercise reduces blood pressure in both hypertensive and normotensive persons. An increase in aerobic physical activity should be considered an important component of lifestyle modification for prevention and treatment of high blood pressure.

Administration of Neutral Protamine Hagedorn Insulin at Bedtime versus with Dinner in Type 1 Diabetes Mellitus To Avoid Nocturnal Hypoglycemia and Improve Control. A Randomized, Controlled Trial 504

C.G. Fanelli, S. Pampanelli, F. Porcellati, P. Rossetti, P. Brunetti, and G.B. Bolli

When the goal of insulin therapy in type 1 diabetes mellitus is near-normoglycemia, splitting the evening insulin treatment regimen into short-acting insulin at dinner and neutral protamine Hagedorn (NPH) insulin at bedtime reduces the risks for nocturnal hypoglycemia and hypoglycemia unawareness and decreases the hemoglobin A_{1c} value compared with mixing short-acting insulin and NPH insulin at dinner.

Combination Therapy with Oral Sildenafil and Inhaled Iloprost for Severe Pulmonary Hypertension 515

H.A. Ghofrani, R. Wiedemann, F. Rose, H. Olschewski, R.T. Schermuly, N. Weissmann, W. Seeger, and F. Grimminger

Although limited by the small sample and lack of long-term observations, this study shows that oral sildenafil is a potent pulmonary vasodilator that acts synergistically with inhaled iloprost to cause pulmonary vasodilatation in both severe pulmonary arterial hypertension and chronic thromboembolic pulmonary hypertension.

BRIEF COMMUNICATIONS

Change in Coronary Flow Reserve on Transthoracic Doppler Echocardiography after a Single High-Fat Meal in Young Healthy Men 523

T. Hozumi, M. Eisenberg, K. Sugioka, A.R. Kokkiralra, H. Watanabe, M. Teragaki, J. Yoshikawa, and S. Homma

In this study, coronary flow reserve decreased after a single high-fat meal in young healthy men. High-fat meals may be detrimental to coronary microcirculation.

Is C-Reactive Protein Specific for Vascular Disease in Women? 529

N. Rifai, J.E. Buring, I.-M. Lee, J.E. Manson, and P.M. Ridker

C-reactive protein (CRP) predicts risk for future cardiovascular events in asymptomatic persons. However, because CRP also predicts total mortality, its specificity for vascular disease is uncertain. This study found that CRP level appears to independently predict cardiovascular events but not cancer.

UPDATE

Acquired Aplastic Anemia 534

N.S. Young

This Update discusses many aspects of aplastic anemia, including its immune pathophysiology, its place as a hematologic disease and as an immune-mediated syndrome, the differential diagnosis of bone marrow failure, the possibility of an infectious cause, available treatments, and evolution to other hematologic diseases and late clonal events.

EDITORIALS

Avoiding Nocturnal Hypoglycemia: Consideration of an Extra Injection at Bedtime 547

A.W. Norris and L.M.B. Laffel

In this issue, Fanelli and colleagues compared split-dose and mixed-dose insulin regimens in patients with type 1 diabetes mellitus. Evidence now suggests that for a selected group of persons with type 1 diabetes mellitus, an extra shot at bedtime should be considered, although newer insulin analogues may yield additional approaches and benefits in the near future.

C-Reactive Protein Risk Prediction: Low Specificity, High Sensitivity 550

W. Koenig and M.B. Pepys

Consistent results from more than 15 well-conducted prospective studies in initially healthy persons have shown a strong and independent association between the circulating C-reactive protein level and cardiovascular end points. As Rifai and colleagues show in this issue, the empirical measurement of C-reactive protein is a powerful predictor of cardiovascular risk regardless of the underlying mechanisms.

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Welcome, PIER, A New Physicians' Information and Education Resource 553

R.G. Badgett and C.D. Mulrow

PIER (Physicians' Information and Education Resource), a new information product for the clinician, is now available to American College of Physicians–American Society of Internal Medicine members (<http://pier.acponline.org/>). PIER represents a new direction in medical publishing because it will help clinicians address complex, multifaceted questions in an informed manner.

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M. Alam and K.A. Arndt

MEDICAL WRITINGS

Putting Ethics into the Medical Record 559

A.I. Tauber

Consider an addition to the medical record—one that heretofore was implicitly present but now must be made explicit: Insert a section called *Ethical Concerns*.

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