

CONTENTS **Annals of Internal Medicine**

18 May 2004 140 10 769-856

ARTICLES

A Low-Carbohydrate, Ketogenic Diet versus a Low-Fat Diet To Treat Obesity and Hyperlipidemia. A Randomized, Controlled Trial

W.S. Yancy Jr., M.K. Olsen, J.R. Guyton, R.P. Bakst, and E.C. Westman

Patients on a low-carbohydrate diet had better adherence and lost more weight than those on a low-fat diet. During active weight loss, serum triglyceride levels and high-density lipoprotein cholesterol levels improved more with the low-carbohydrate diet than with the low-fat diet.

Summary for Patients 1-10

The Effects of Low-Carbohydrate versus Conventional Weight Loss Diets in Severely Obese Adults: One-Year Follow-up of a Randomized Trial

L. Stern, N. Iqbal, P. Seshadri, K.L. Chicano, D.A. Daily, J. McGroary, M. Williams, E.J. Gracely, and F.F. Samaha

Participants on a low-carbohydrate diet had better results overall at 1 year than those on a low-fat, restricted-calorie diet. Weight loss was the same in the 2 groups, but patients on the low-carbohydrate diet had less atherogenic dyslipidemia and better glycemic control.

Summary for Patients 1-27

Metabolic Effects of Rosiglitazone in HIV Lipodystrophy. A Randomized, Controlled Trial

C. Hadigan, S. Yawetz, A. Thomas, F. Havers, P.E. Sax, and S. Grinspoon

Recent studies of HIV-infected patients suggest that disordered peroxisome proliferator-activated receptor- γ (PPAR- γ) signaling pathways play a role in the pathogenesis of HIV-associated lipodystrophy. In HIV-infected patients in this study, rosiglitazone, a PPAR- γ agonist, improved lipodystrophy; insulin sensitivity; and metabolic indices, including adiponectin levels.

Summary for Patients 1-36

IMPROVING PATIENT CARE

Clarifying Adverse Drug Events: A Clinician's Guide to Terminology, Documentation, and Reporting

J.R. Nebeker, P. Barach, and M.H. Samore

The terminology used to describe patient harm associated with medications is confusing. This paper uses the case of a patient with multiple adverse drug events to clarify key terms, such as *adverse event*, *adverse drug reaction*, *adverse drug event*, *medication error*, and *side effect*.

REVIEW

Meta-Analysis: Respiratory Tolerance to Regular β_2 -Agonist Use in Patients with Asthma

S.R. Salpeter, T.M. Ormiston, and E.E. Salpeter

Patients with asthma who use β_2 -agonists regularly for at least 1 week develop tolerance to the drug's bronchodilator and nonbronchodilator effects. Regular β_2 -agonist use may be associated with poorer disease control than that achieved with placebo.

Summary for Patients 1-41

IN THE BALANCE

Reducing Resident Work Hours: Unproven Assumptions and Unforeseen Outcomes

M. Charap

In the 25 years that I have been teaching in New York, graduate medical education has changed a great deal. Clearly much has improved. However, the recent restrictions in work hours are an ominous development because of their effect on both patient care and the education of our future physicians.

Benefits of Resident Work Hours Regulation

K.M. Skeff, S. Ezeji-Okoye, P. Pompei, and S. Rockson

The new regulations for resident work hours, which are the most dramatic recent innovation to calibrate trainees' work hours, are one step in a long evolutionary process of change in medical education. We believe that the positive effects of the regulations are just the beginning.

The Effect of Work Hour Regulations on Personal Development during Residency

M.E. Glines

As I approach the halfway point of my residency, I cannot imagine why anyone coming directly out of residency would want to practice full-time, except out of financial necessity. Residency training, even in the most humane of programs, is such an all-absorbing experience that I, too, crave time to rest and reflect.

CLINICAL GUIDELINES

Screening for Suicide Risk: Recommendation and Rationale

U.S. Preventive Services Task Force

The U.S. Preventive Services Task Force concludes that the evidence is insufficient to recommend for or against routine screening by primary care clinicians to detect suicide risk in the general population.

Continued on page I-6

Screening for Suicide Risk in Adults: A Summary of the Evidence for the U.S. Preventive Services Task Force 822
B.N. Gaynes, S.L. West, C.A. Ford, P. Frame, J. Klein, and K.N. Lohr
 Because of the complexity of studying the risk for suicide and the paucity of well-designed research studies, we have limited evidence to guide the primary care clinician's assessment and management of suicide risk.

Summary for Patients 1-49

EDITORIALS

Reduced-Carbohydrate Diets: No Roll in Weight Management? 836

W.C. Willett

In the context of the 2 studies in this issue on low-carbohydrate diets, what advice can we offer our patients who want to lose weight? We can encourage overweight patients to experiment with methods for weight control, including reduced-carbohydrate diets, as long as they emphasize healthy sources of fat and protein and incorporate regular physical activity. Patients should focus on finding ways to eat that they can maintain indefinitely rather than seeking diets that promote rapid weight loss.

How Many Hours Is Enough? An Old Profession Meets a New Generation 838

S.A. Schroeder

Because the regulation limiting work hours for residents is a simple "fix" for a complicated problem and because lifestyle issues are increasingly important, we should be prepared for further attacks on the medical residency system. How medicine chooses to balance young physicians' increasingly urgent calls for a decent lifestyle with its ancient tradition of service will say a lot about what kind of a profession it will become.

ON BEING A DOCTOR

Obstetricians Wanted: No Mothers Need Apply 840

L. Plante

I was an obstetrician, and then I was a mother, until I had to give up the one for the other.

Dr. Mommy Blues 842

G. Burstein

Before my own experience with postpartum depression, I was guilty of assuming stereotypes about mental health disorders. Knowing what I know today, I wonder why I had those beliefs. I wonder why more physicians are unable to be sympathetic to their colleagues' harsh realities of new

motherhood and why more physicians do not thoughtfully suggest to an unhappy new-mother colleague that she may benefit from mental health services.

AD LIBITUM

Empathy 841

J. Coulehan

Topspin 843

G.N. Braman

LETTERS

Comments and Responses

Cost-Effectiveness of Mammography for Older Women 844

Saving Office Practice 844

Management Options for Patients with Ulcer Hemorrhage 845

High-Dose Vitamin C and Iron Overload 846

Clinical Observations

Actual versus Perceived Workload for House Officers: Black Cloud Looming? 847

Virulence Factors Predict *Escherichia coli* 848

Colonization Patterns among Human and Animal Household Members

Epinephrine-Secreting Pheochromocytoma Presenting with Cardiogenic Shock and Profound Hypocalcemia 849

Letter available only at www.annals.org

How Do Physicians Think About Successful Aging?

MEDICAL WRITINGS

Book Notes 852

CURRENT CLINICAL ISSUES

Finland Pioneers International Suicide Prevention 853

Fisher Wilson

Cover photograph by Bruce Williams

Authors' Form I-12

CME Bulletin Board I-29

Presubmission Checklist I-33

Subscription and Business Information I-50

Classified Services Begin on I-55