

# CONTENTS *Annals of Internal Medicine*

4 January 2005 142 1 1-80

## ARTICLES

### Comparing Self-Management of Oral Anticoagulant Therapy with Clinic Management. A Randomized Trial 1

B. Menéndez-Jándula, J.C. Souto, A. Oliver, I. Montserrat, M. Quintana, I. Gich, X. Bonfill, and J. Fontcuberta

The authors randomly assigned patients to self-management of anticoagulation or to conventional clinic management. Self-managed patients had equally good control of anticoagulation and fewer adverse events. Major complications and minor hemorrhages were less common in the self-management group.

Summary for Patients 1-14

### Alcohol and Risk for Ischemic Stroke in Men: The Role of Drinking Patterns and Usual Beverage 11

K.J. Mukamal, A. Ascherio, M.A. Mittleman, K.M. Conigrave, C.A. Camargo Jr., I. Kawachi, M.J. Stampfer, W.C. Willett, and E.B. Rimm

In this sample of male health professionals, light and moderate use of alcohol was not associated with an increased risk for ischemic stroke. Moderate intake of red wine, but not other beverages, was associated with a reduced risk for stroke. Intake of more than 2 drinks per day may be associated with a higher risk for ischemic stroke.

Summary for Patients 1-22

### Risk Factors Associated with Acute Pyelonephritis in Healthy Women 20

D. Scholes, T.M. Hooton, P.L. Roberts, K. Gupta, A.E. Stapleton, and W.E. Stamm

The risk factors for acute pyelonephritis in nonpregnant, community-dwelling reproductive-age women are similar to the risk factors for acute cystitis. Sexual behaviors, personal and family history of urinary tract infection, diabetes, and incontinence are associated with increased risk.

Summary for Patients 1-30

## UPDATE

### Update in Neurology 28

M.A. Samuels

This Update incorporates an overview of articles on stroke, transient ischemic attack, and cerebrovascular disease; hypertension; multiple sclerosis; inflammation; infectious diseases; neurocardiogenic syncope; dementia; seizures; language and autism; myelopathies; Hashimoto

encephalopathy; intracranial hypotension or headache; back and neck pain; restless legs syndrome; and drugs and toxins.

## REVIEWS

### Meta-Analysis: High-Dosage Vitamin E Supplementation May Increase All-Cause Mortality 37

E.R. Miller III, R. Pastor-Barriuso, D. Dalal, R.A. Riemersma, L.J. Appel, and E. Guallar

This meta-analysis of 19 randomized, controlled trials involving more than 135 000 participants found that high-dosage vitamin E supplementation ( $\geq 400$  IU/d for at least 1 year) increased all-cause mortality. The effects of lower-dosage supplementation were unclear.

Summary for Patients 1-40

### Narrative Review: Diseases That Masquerade as Infectious Cellulitis 47

M.E. Falagas and P.I. Vergidis

Many diseases can mimic infectious cellulitis. The authors review several vascular, dermatologic, rheumatic, immunologic-idiopathic, malignant, and familial diseases that physicians should consider in a patient with signs of infectious cellulitis.

### Systematic Review: An Evaluation of Major Commercial Weight Loss Programs in the United States 56

A.G. Tsai and T.A. Wadden

This review describes the characteristics, costs, and effectiveness of major weight loss programs that provide in-person or Internet-based counseling.

Summary for Patients 1-42

## ABROAD

### Health Disparities among Travelers Visiting Friends and Relatives Abroad 67

S.Y. Angell and M.S. Cetron

Residents of the United States who travel abroad to visit friends and relatives become exposed to greater risks for infection than most tourists. The authors describe this population, discuss travel-related health disparities, and provide recommendations for improving preventive care before travel.

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EDITORIALS

**Patient Self-Management of Anticoagulation: An Idea Whose Time Has Come** 73

R.J. Beyth

Menéndez-Jándula and colleagues' study in this issue provides further evidence that patient self-management of anticoagulation leads to better reliability, better quality, and reduced risks and is therefore a valuable model of care for the long-term management of anticoagulation.

**Vitamin E Supplements: Good in Theory, but Is the Theory Good?** 75

E.R. Greenberg

In this issue, Miller and colleagues provide good evidence that people should avoid high-dosage vitamin E supplementation. Taking high-dosage vitamin E in later adult life has no favorable health effects, and this meta-analysis raises the possibility of harm. Our message to the public must be clear on this point: Vitamin E supplements won't help and might harm, so save your money.

LETTERS

*Comments and Responses*

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M.-J. Otero and E. Schmitt; J.R. Nebeker, M.H. Samore, and P. Barach

**Angiotensin-Converting Enzyme Inhibitors after Acute Myocardial Infarction** 78

U. Jorde; H.L. Horton; L. Pilote and M. Abrahamowicz

*Corrections*

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