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-  This article has been given "Editor's Choice" distinction.
-  An author interview accompanies this article.
-  This article is online only at www.mayoclinicproceedings.org.
-  Supplemental material accompanies this article at www.mayoclinicproceedings.org.



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MAYO CLINIC PROCEEDINGS (ISSN 0025-6196) is published monthly by Elsevier on behalf of Mayo Foundation for Medical Education and Research. Periodicals postage paid at New York, NY, and additional mailing offices. POSTMASTER: Send address changes to Mayo Clinic Proceedings Customer Service, 3251 Riverport Lane, Maryland Heights, MO 63403.

