



MAYO CLINIC PROCEEDINGS

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Table of Contents

January 2017 Volume 92 Number 1

The February online issue of *Proceedings* will be available by Wednesday, February 1. Sign up for an alert to the online Table of Contents at www.mayoclinicproceedings.org

Editorials

- 1** **Omega-3 Fatty Acid Therapy: The Tide Turns for a Fish Story**
James H. O'Keefe, Dany Jacob, and Carl J. Lavie
- 4** **Introduction to the Symposium on Precision Medicine**
Timothy B. Curry, Eric L. Matteson, and A. Keith Stewart
- 7** **Expanding the Mayo Clinic Proceedings Mission: Introducing Mayo Clinic Proceedings: Innovations, Quality & Outcomes (MCP:IQ&O)**
William L. Lanier and Thomas C. Gerber

Commentary

- 11** **The Language of Stewardship: Is the "Low-Value" Label Overused?**
Kevin R. Riggs and Sara J. Knight

Original Articles

- 15** **A Meta-Analysis of Randomized Controlled Trials and Prospective Cohort Studies of Eicosapentaenoic and Docosahexaenoic Long-Chain Omega-3 Fatty Acids and Coronary Heart Disease Risk**
Dominik D. Alexander, Paige E. Miller, Mary E. Van Elswyk, Connye N. Kuratko, and Lauren C. Bylsma
EPA+DHA may be associated with reducing coronary heart disease risk, with a greater benefit observed among higher-risk populations with elevated triglyceride or LDL cholesterol levels.
- 30** **Less Hidden Celiac Disease But Increased Gluten Avoidance Without a Diagnosis in the United States: Findings From the National Health and Nutrition Examination Surveys From 2009 to 2014**
Rok Seon Choung, Aynur Unalp-Arida, Constance E. Ruhl, Tricia L. Brantner, James E. Everhart, and Joseph A. Murray
The prevalence of undiagnosed celiac disease decreased from 2009 to 2014, suggesting a success in detection, an increased awareness of celiac disease, or maybe an increasing preference for a gluten-free diet.
- 39** **Cardiorespiratory Fitness and Incidence of Major Adverse Cardiovascular Events in US Veterans: A Cohort Study**
Peter F. Kokkinos, Charles Faselis, Jonathan Myers, Puneet Narayan, Xuemei Sui, Jijia Zhang, Carl J. Lavie, Hans Moore, Pamela Karasik, and Ross Fletcher
These authors provide age-specific cardiorespiratory fitness thresholds that clinicians can use to assess risk for major adverse cardiovascular events in patients undergoing exercise testing.

Continued



- 49** **Optimism During Hospitalization for First Acute Myocardial Infarction and Long-Term Mortality Risk: A Prospective Cohort Study**
Netanela Weiss-Faratai, Ido Lurie, Yael Benyamini, Gali Cohen, Uri Goldbourt, and Yariv Gerber
Higher levels of optimism during hospitalization for myocardial infarction were associated with reduced mortality over a 2-decade follow-up period.
- 57** **The Prospective Association of Organized Sports Participation With Cardiovascular Disease Risk in Children (the CHAMPS Study-DK)**
Jeffrey J. Hebert, Heidi Klakk, Niels Christian Møller, Anders Grøntved, Lars Bo Andersen, and Niels Wedderkopp
Participating in youth sports may be an effective strategy to reduce clustered cardiovascular risk, as well as insulin resistance, serum insulin, serum glucose, serum triglycerides, and overweight/obesity in children.
- 66** **High School Football and Late-Life Risk of Neurodegenerative Syndromes, 1956-1970**
Pieter H.H. Janssen, Jay Mandrekar, Michelle M. Mielke, J. Eric Ahlskog, Bradley F. Boeve, Keith Josephs, and Rodolfo Savica 🇺🇸
This study does not show an association between playing high school football from 1956 to 1970 and risk of Parkinson disease, dementia, and amyotrophic lateral sclerosis.
- 72** **Insomnia From Drug Treatments: Evidence From Meta-analyses of Randomized Trials and Concordance With Prescribing Information**
Anthony G. Doufas, Orestis A. Panagiotou, Periklis Panousis, Shane Shucheng Wong, and John P.A. Ioannidis +
Randomized clinical trials offer substantial evidence about the common effects of drugs on the risk of sleep disturbance, but prescription information only partially agrees with the available evidence.
- 88** **Depression After Spinal Surgery: A Comparative Analysis of the California Outcomes Database**
Bayard R. Wilson, Kathryn R. Tringale, Brian R. Hirshman, Tianzan Zhou, Anya Umlauf, William R. Taylor, Joseph D. Ciacci, Bob S. Carter, and Clark C. Chen +
Patients who undergo spinal surgery have a higher risk for postoperative depression than patients treated for other surgical or medical conditions known to be associated with depression.
- 98** **Postoperative Tachycardia: Clinically Meaningful or Benign Consequence of Orthopedic Surgery?**
Alana E. Sigmund, Yixin Fang, Matthew Chin, Harmony R. Reynolds, Leora I. Horwitz, Ezra Dweck, and Eduardo Iturrate 🇺🇸 +
Postoperative tachycardia is significantly associated with pulmonary embolism and myocardial necrosis and should be taken seriously.
- 106** **Risk of Jaw Osteonecrosis After Intravenous Bisphosphonates in Cancer Patients and Patients Without Cancer**
James S. Goodwin, Jie Zhou, Yong-Fang Kuo, and Jacques Baillargeon +
The risk of jaw osteonecrosis after intravenous bisphosphonate is considerably lower in patients with osteoporosis than in patients with cancer.

Consensus Recommendations

- 114** **Hypoactive Sexual Desire Disorder: International Society for the Study of Women's Sexual Health (ISSWSH) Expert Consensus Panel Review**
Irwin Goldstein, Noel N. Kim, Anita H. Clayton, Leonard R. DeRogatis, Annamaria Giraldi, Sharon J. Parish, James Pfaus, James A. Simon, Sheryl A. Kingsberg, Cindy Meston, Stephen M. Stahl, Kim Wallen, and Roisin Worsley 🇺🇸

Special Article

- 129** Executive Leadership and Physician Well-being: Nine Organizational Strategies to Promote Engagement and Reduce Burnout

Tait D. Shanafelt and John H. Noseworthy  

Concise Review for Clinicians—CME Credit Offered

- 147** Providing Appropriate End-of-Life Care to Religious and Ethnic Minorities

Daniel K. Partain, Cory Ingram, and Jacob J. Strand 


Please note that articles with an “e” page designation are available only in the online version of the Journal at www.mayoclinicproceedings.org

Residents' Clinic

- 153** 61-Year-Old Woman With Systemic Lupus Erythematosus and Chest Pain

Dharma B. Sunjaya, Matthew J. Koster, and Thomas G. Osborn

- e1** 28-Year-Old Woman With Malaise, Cough, Myalgia, and Dark Urine

Mark Gurney, Thomas G. Cotter, and Christopher M. Wittich 

Symposium on Precision Medicine—CME Credit Offered

- 159** Whole-Genome Sequencing in Healthy People

Noralane M. Lindor, Stephen N. Thibodeau, and Wylie Burke


Medical Images

- 173** An Uncommon Cause of New-Onset Heart Failure

Ami Schattner and Ina Dubin 

Path to Patient Image Quiz

- e7** Cervical Minimal Deviation Adenocarcinoma in Peutz-Jeghers Syndrome

J. Kenneth Schoolmeester and Lori A. Erickson 

Stamp Vignette on Medical Science

- e9** The Medical Doctors of *Star Trek*: Leonard “Bones” McCoy and Beverly Crusher

David P. Steensma and Robert A. Kyle 

Art at Mayo Clinic

- e11** Applique Quilt Prince's Feather Pattern — Circa 1845

Margaret R. Wentz 

Other Features

25A Professional Opportunities

Coming Soon...

Symposium on Neurosciences

When to Use Next-Generation Sequencing Panels

Management of Adult Onset Seizures

Exercise Capacity and Dementia, Alzheimer Disease, and Cognitive Impairment

Review of Childhood Obesity

Understanding Palliative Care and Hospice

Burden and Timing of Hospitalization in Heart Failure

Osteoporosis Treatment in Postmenopausal Women

Increasing Cardiac Rehabilitation Participation: A Road Map

Selective Serotonin Reuptake Inhibitors and Poststroke Epilepsy

Estimated Cardiorespiratory Fitness Predicts Cardiovascular Mortality

Learning Preferences of Generation Y

Icon Key



This article has been given "Editor's Choice" distinction.



An author interview accompanies this article.



This article is online only 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. POST MASTER: Send address changes to Mayo Clinic Proceedings Customer Service, 3251 Riverport Lane, Maryland Heights, MO 63043.

