The January online issue of Proceedings will be available by Thursday, January 2. Sign up for an alert to the online Table of Contents at www.mayoclinicproceedings.org.

In the Limelight

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2390 Association Between Patient Cost Sharing and Cardiac Rehabilitation Adherence
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Higher cost sharing was associated with lower cardiac rehabilitation attendance. Given that cardiac rehabilitation is cost-effective and underutilized, insurance companies and other payers should reevaluate their cost-sharing policies for cardiac rehabilitation.
There appears to be slight reductions in risk with low intakes, followed by sharp increases in risk as the number of calories provided by sugars increases.

Estimated peak aerobic capacity plateaued after approximately 50 minutes per week of fast walking.

New models of care are needed for patients with atrial fibrillation that consider the burden of comorbidities and offer holistic approaches.

Pain drug development activity has largely shifted from new therapeutics to reformulated ones. New policies, such as increased funding for basic pain research, may help address the urgent need for new therapies for pain.

Oral factor Xa inhibitors demonstrated a 52% reduction in the odds of recurrent venous thromboembolism.

In women with polycystic ovary syndrome and endothelial dysfunction, metformin improves endothelial function independent of changes in glucose metabolism, dyslipidemia, or presence of prediabetes.

Survey respondents were more likely to discontinue care with a physician with conflicts of interest, but they will act on this knowledge of conflicts of interest differently depending on the specialty of the physician.

Among survivors of acute myocardial infarction without heart failure or left ventricular systolic dysfunction, beta-blocker use was associated with reduced all-cause mortality in patients who have high—but not low—heart rates.

Inflammatory bowel disease, type 1 diabetes, and venous thromboembolism might predispose to rheumatoid arthritis development, whereas cardiovascular disease, venous thromboembolism, and obstructive sleep apnea can result from rheumatoid arthritis.
Violaceous Papules on the Plantar Feet: An Unusual Presentation of a Nodular Amyloidosis
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### Coming Soon…

- Diabetes Mellitus Is a Predictor of Heart Failure
- Metformin vs Sulfonylurea in Type 2 Diabetes and Chronic Kidney Disease
- SGLT2 Inhibitors vs Other Glucose-Lowering Medications and Renal Outcome in Type 2 Diabetes
- Inappropriate Renal Dose Adjustment of Dipeptidyl Peptidase-4 (DPP-4) Inhibitors in Patients With Type 2 Diabetes
- Surveillance in Patients With Diffuse Large B Cell Lymphoma
- Acute Myocardial Infarction in Young Individuals
- Body Mass Index and Outcomes After Transcatheter Aortic Valve Replacement
- Stroke Volume Index and Left Ventricular Ejection Fraction After Aortic Valve Replacement
- Screening for Colon Cancer in the Elderly
- Vaccination of Adults in General Medical Practice
- Cardiorespiratory Fitness and Gray Matter Volume
- Equitable Physician Compensation

*Continued*
The cover image features a cardiovascular theme. The outer left panel displays the stethoscope, the time-honored instrument for listening; this symbolizes individualized care that listens and responds to the patient. Cardiac evaluation may involve a noninvasive office test, the ECG, and, where indicated, noninvasive imaging, in this case, a SPECT CT of the heart (left-of-center) showing increased uptake of technetium pyrophosphate in diagnosing wild-type transthyretin cardiac amyloidosis. The right-of-center panel is from a 3D echocardiogram, left atrium-view of a mechanical mitral bileaflet prosthesis sewing ring and prosthesis leaflets during percutaneous transcatheter closure of a perivalvular leak. A guide wire hovers over the prosthesis, and the imager is guiding the interventional cardiologist to position the tip of the guide wire through one of the perivalvular leak sites. The outer right panel depicts a surgical team involved in cardiac surgery and underscores the importance of teamwork.

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](http://www.mayoclinicproceedings.org).
- Supplemental material accompanies this article at [www.mayoclinicproceedings.org](http://www.mayoclinicproceedings.org).
- Indicates articles focusing on health humanities and ethical decision making as applied to medicine and the health sciences.

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