



Mayo Clinic Proceedings

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January 2022 Volume 97 Number 1

The February online issue of *Proceedings* will be available by Wednesday, February 2.
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-  This article has been given "Editor's Choice" distinction.
-  An author interview accompanies this article.
-  Supplemental material accompanies this article at 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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