



# MAYO CLINIC PROCEEDINGS

[www.mayoclinicproceedings.org](http://www.mayoclinicproceedings.org)



Table of Contents






December 2017 Volume 92 Number 12

The January online issue of *Proceedings* will be available by Tuesday, January 2.  
Sign up for an alert to the online Table of Contents at [www.mayoclinicproceedings.org](http://www.mayoclinicproceedings.org)





## Editorials

- 1741** Challenges Facing the Aging Surgeon  
*Kerry D. Olsen*
- 1743** Survival of the Fittest—Promoting Fitness Throughout the Life Span  
*Carl J. Lavie, Peter Kokkinos, and Francisco B. Ortega*

## Original Articles


- 1746** The Aging Neurosurgeon: When Is Enough, Enough? Attitudes Toward Ceasing Practice and Testing in Late Career  
*Maya A. Babu, Linda M. Liau, Robert J. Spinner, and Fredric B. Meyer*    
Although this is a study of neurosurgeons, the implications of these findings are widely applicable across specialties.
- 1753** Cardiorespiratory Fitness Cutoff Points for Early Detection of Present and Future Cardiovascular Risk in Children: A 2-Year Follow-up Study  
*José Castro-Piñero, Alejandro Perez-Bey, Víctor Segura-Jiménez, Virginia A. Aparicio, Sonia Gómez-Martínez, Rocío Izquierdo-Gomez, Ascensión Marcos, and Jonatan R. Ruiz; on behalf of the UP&DOWN Study Group*   
Cardiorespiratory fitness during childhood is a strong predictor of cardiovascular disease risk and should be monitored.
- 1763** Moderate to High Levels of Cardiorespiratory Fitness Attenuate the Effects of Triglyceride to High-Density Lipoprotein Cholesterol Ratio on Coronary Heart Disease Mortality in Men  
*Stephen W. Farrell, Carrie E. Finley, Carolyn E. Barlow, Benjamin L. Willis, Laura F. DeFina, William L. Haskell, and Gloria L. Vega*   
Cardiorespiratory fitness and the ratio of fasting blood triglyceride to high density lipoprotein cholesterol should be included when assessing coronary heart disease mortality risk and management.
- 1772** The Incidence of Primary vs Secondary Focal Segmental Glomerulosclerosis: A Clinicopathologic Study  
*Musab S. Hommos, An S. De Vriese, Mariam P. Alexander, Sanjeev Sethi, Lisa Vaughan, Ladan Zand, Kharmen Bharucha, Nicola Lepori, Andrew D. Rule, and Fernando C. Fervenza*    
The incidence rates of focal segmental glomerulosclerosis increased during the past 2 decades, and the proportions of primary and secondary focal segmental glomerulosclerosis remained stable.

Continued

- 1782 Youth Sport-Related Concussions: Perceived and Measured Baseline Knowledge of Concussions Among Community Coaches, Athletes, and Parents**  
*Katherine N. Nanos, John M. Franco, Dirk Larson, Kristin Mara, and Edward R. Laskowski*   
This study identified several gaps in concussion knowledge among a variety of different subgroups of people involved in contact and noncontact sports.
- 1791 Increased Risk of Multimorbidity in Patients With Sarcoidosis: A Population-Based Cohort Study 1976 to 2013**  
*Patompong Ungprasert, Eric L. Matteson, and Cynthia S. Crowson*    
Patients with sarcoidosis are at higher risk of several individual comorbidities related to the disease and its treatment, including cardiovascular diseases, arthritis, depression, and diabetes mellitus.
- 1800 Prevalence of Monoclonal Gammopathy in Wild-Type Transthyretin Amyloidosis**  
*Hallie I. Geller, Avininder Singh, Tara M. Mirto, Robert Padera, Richard Mitchell, Jacob P. Laubach, and Rodney H. Falk*  
The 23% prevalence of a monoclonal gammopathy in patients with wild-type transthyretin amyloidosis in this study underscores the importance of precise tissue typing of the amyloid deposits, especially in equivocal cases.
- 1806 Risk Factors for Herpes Zoster: A Systematic Review and Meta-analysis**  
*Kosuke Kawai and Barbara P. Yawn*   
Female sex, race/ethnicity, family history, and comorbidities are risk factors for herpes zoster. Efforts are needed to increase the uptake of zoster vaccination.

### Consensus Recommendations

---

- 1822 A Conceptual Framework for Understanding Unintended Prolonged Opioid Use**  
*W. Michael Hooten, Chad M. Brummett, Mark D. Sullivan, Jenna Goesling, Jon C. Tilburt, Jessica S. Merlin, Jennifer L. St. Sauver, Ajay D. Wasan, Daniel J. Clauw, and David O. Warner* 

### My Treatment Approach

---

- 1831 Use of the Coronary Artery Calcium Score in Discussion of Initiation of Statin Therapy in Primary Prevention**  
*Erin D. Michos, Michael J. Blaha, and Roger S. Blumenthal*

### Concise Review for Clinicians—CME Credit Offered


---

- 1842 Genitourinary Syndrome of Menopause: Management Strategies for the Clinician**  
*Stephanie S. Faubion, Richa Sood, and Ekta Kapoor* 

Please note that articles with an "e" page designation are available only in the online version of the Journal at [www.mayoclinicproceedings.org](http://www.mayoclinicproceedings.org)


### Residents' Clinic

---

- 1850** 24-Year-Old Man With Acute Chest Pain  
*Christopher L. Trautman, Armando Villanueva, and Fernando F. Stancampiano*
- e167** 59-Year-Old Woman With Fatigue, Dyspnea, and Lower Extremity Edema  
*Nicholas Y. Tan, Chad J. Zack, and Jeffrey B. Geske* 

### Symposium on Precision Medicine—CME Credit Offered

---

- 1855** Microbiome at the Frontier of Personalized Medicine  
*Purna C. Kashyap, Nicholas Chia, Heidi Nelson, Eran Segal, and Eran Elinav* 

### Letter to the Editor

---

- 1865** U-Shaped Association Between Body Mass Index and Psychological Distress in a Population Sample of 114,218 British Adults  
*Mark Hamer and Emmanouel Stamatakis*

### Medical Images

---

- 1871** Diffuse Venous Thrombosis  
*Julian A. Marin-Acevedo and Razvan M. Chirila*


### Path to Patient Image Quiz

---

- 1873** Ductal Carcinoma in Situ of the Breast  
*Lori A. Erickson*

### Art at Mayo Clinic

---

- e173** *Queen Anne's Lace, Gooseneck Loosestrife, Untitled (Poppy Maidenhair Fern), Blushing Deathcap, Untitled (Trillium), and Untitled (Trillium, Pear Blossom, Salamander)* by Victor Schrager  
*Margaret R. Wentz* 

## Other Features

- 1866 Correction  
 1867 Reviewers for *Mayo Clinic Proceedings* (2017)  
 13A Professional Opportunities

## Coming Soon...

Diagnosis and Management of Headache in Older Adults

Health Literacy and Outcomes in Patients With Heart Failure





Clinical Manifestations and Outcomes of Fluoroquinolone Related Acute Interstitial Nephritis

Association Between Cardiorespiratory Fitness and Health Care Costs

Evaluation and Management of Penicillin Allergy

Cranial Tumor Surgery Outcomes and a Very High Volume Academic Referral Center

## 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).



"Mayo Clinic Proceedings," "Mayo," "Mayo Clinic," and the triple-shield Mayo Clinic logo are all registered marks of Mayo Foundation for Medical Education and Research.

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 Elsevier, Journal Returns, 1799 Highway 50 East, Linn, MO 65051, USA.



© 2017 Mayo Foundation for Medical Education and Research

Supplemental material attached to journal articles has not been edited, and the authors take responsibility for the accuracy of all data.