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# **Original Articles**

- Aldosterone, Hypertension, and Antihypertensive Therapy: Insights From a General Population Valentina Cannone, Alessia Buglioni, S. Jeson Sangaralingham, Christopher Scott, Kent R. Bailey, Richard Rodeheffer, Margaret M. Redfield, Riccardo Sarzani, and John C. Burnett, Jr An increase in number of antihypertension medications was associated with higher aldosterone levels, worse metabolic profile, and higher prevalence of cardiovascular, renal, and metabolic disease.
- 991 C3 Glomerulopathy: Ten Years' Experience at Mayo Clinic
  Aishwarya Ravindran, Fernando C. Fervenza, Richard J.H. Smith, An S. De Vriese, and Sanjeev Sethi
  The renal outcome (end-stage renal disease or doubling of serum creatinine level) was worse in patients managed conservatively vs those treated with immunosuppressive therapy.
- 1009 Ethanol Ablation for the Treatment of Cystic and Predominantly Cystic Thyroid Nodules

  Nicole M. Iñiguez-Ariza, Robert A. Lee, Naykky M. Singh-Ospina, Marius N. Stan, and M. Regina Castro

  Benign thyroid cysts that recur after aspiration can be safely and effectively treated with percutaneous ethanol injection.
- Outcomes of Radiofrequency Ablation Therapy for Large Benign Thyroid Nodules: A Mayo Clinic Case Series

  Oksana Hamidi, Matthew R. Callstrom, Robert A. Lee, Diana Dean, M. Regina Castro, John C. Morris, and Marius N. Stan

Radiofrequency ablation induces substantial volume reduction of thyroid nodules, alleviates compressive symptoms, and improves aesthetic appearance while preserving normal thyroid function.

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Effects of Reduction in Tumor Burden on Survival in Epithelioid Malignant Pleural Mesothelioma 1026 Aaron S. Mansfield, Tobías Peikert, Nicholas J. Vogelzang, and James T. Symanowski 📀 Reduction in tumor burden or disease stabilization determined using modified pleural Response Evaluation Criteria in Solid Tumors is strongly associated with overall survival and progression-free survival in epithelioid malignant pleural mesothelioma.

Economic Analysis of a Geographically Defined Cohort of Hospitalized Patients Who Smoke 1034 Margaret B. Nolan, Bijan J. Borah, James P. Moriarty, and David O. Warner 🍪 🛟 Although the pattern of admission indications was associated with smoking status, the authors found no evidence that the cost of hospital admission is higher in current smokers than in never or former smokers.

Efficacy of Therapies for Postural Tachycardia Syndrome: A Systematic Review and Meta-analysis 1043 Rachel Wells, Adrian D. Elliott, Rajiv Mahajan, Amanda Page, Valeria Iodice, Prashanthan Sanders, and Dennis H. Lau Interventions that control heart rate and increase intravascular or blood volume, vascular tone, and exercise tolerance

show moderate efficacy, but evidence to guide optimal management of patients with postural tachycardia syndrome is extremely limited.

Long-term Changes in Depressive Symptoms and Estimated Cardiorespiratory Fitness and Risk 1054 of All-Cause Mortality: The Nord-Trøndelag Health Study Trude Carlsen, Øyvind Salvesen, Xuernei Sui, Carl J. Lavie, Steven N. Blair, Ulrik Wisløff, and Linda Ernstsen 🧆 Improving or maintaining low depressive symptoms and high estimated cardiorespiratory fitness was independently associated with a lower risk of all-cause mortality.

A Propensity Score Matched Comparison of Clinical Outcomes in Atrial Fibrillation Patients 1065 Taking Vitamin K Antagonists: Comparing the "Real-World" vs Clinical Trials José Miguel Rivera-Caravaca, María Asunción Esteve-Pastor, Francisco Marín, Mariano Valdés, Vicente Vicente, Vanessa Roldán, and Gregory Y.H. Lip 🦚 🛟 Real-world patients with atrial fibrillation are at a higher risk for adverse events compared with patients with atrial

fibrillation from a clinical trial.

Predialysis Kidney Function and Its Rate of Decline Predict Mortality and Hospitalizations After 1074 Starting Dialysis Melissa Soohoo, Elani Streja, Yoshitsugu Obi, Connie M. Rhee, Daniel L. Gillen, Keiichi Sumida, Danh V. Nguyen, Csaba P. Kovesdy, and Kamyar Kalantar-Zadeh 🍖 🕥 These results support the notion that an early transition to dialysis may not be as beneficial as once thought.

1086 Incidence and Management of Hemopericardium: Impact of Changing Trends in Invasive Cardiology Annop Lekhakul, Eric R. Fenstad, Chalailak Assawakawintip, Sorin V. Pislaru, Assefa M. Ayalew, Joseph F. Maalouf, Vuyisile T. Nkomo, Jeremy Thaden, Jae K. Oh, Larry J. Sinak, and Garvan C. Kane 🚸 Hemopericardium may occur with microperforation during cardiac interventional or electrophysiologic procedures. Most cases can be managed immediately in a safe and effective fashion with echo-guided pericardiocentesis.

The Importance of Vigorous-Intensity Leisure-Time Physical Activity in Reducing Cardiovascular 1096 Disease Mortality Risk in the Obese Gary O'Donovan, Emmanuel Stamatakis, David J. Stensel, and Mark Hamer This large, statistically powerful study suggests that vigorous-intensity leisure-time physical activity is important in reducing cardiovascular disease mortality risk in obese individuals.

# Brief Report

Gut Microbial Carbohydrate Metabolism Hinders Weight Loss in Overweight Adults Undergoing 1104 Lifestyle Intervention With a Volumetric Diet David A. Muñiz Pedrogo, Michael D. Jensen, Carol T. Van Dyke, Joseph A. Murray, Jeffrey A. Woods, Jun Chen, Purna C. Kashyap, and Vandana Nehra 🌨

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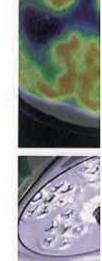
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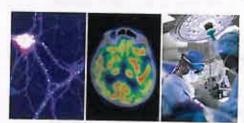
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# Cover Image



The composite cover image highlights 3 salient themes: the wideranging effects of human biomedical research and discovery in driving progress in understanding and treating human disease (symbolized, on the left, by a neuron and its ramifying dendrites and axons); state-ofthe-art investigation in evaluating human disease (symbolized, in the middle, by a positron emission tomographic image of the brain); and the indispensability of teamwork and the coalescence of expertise in providing the best possible care for patients (symbolized, on the right, by a collaborating surgical/interventional team).

#### 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.

Supplemental material accompanies this article at www.mayoclinicproceedings.org.



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