

ARCHIVES OF FAMILY MEDICINE

The ARCHIVES OF FAMILY MEDICINE is a member of the consortium of AMA journals listed below. The complete text of all AMA journals is available online from Dialog Information Services and Information Access Company.

The Journal of the American Medical Association (JAMA)

Archives of Dermatology
Archives of Family Medicine
Archives of General Psychiatry
Archives of Internal Medicine
Archives of Neurology
Archives of Ophthalmology
Archives of Otolaryngology—Head & Neck Surgery
Archives of Pathology & Laboratory Medicine
Archives of Pediatrics & Adolescent Medicine
Archives of Surgery

The ARCHIVES OF FAMILY MEDICINE (ISSN 1063-3987) is published bi-monthly, by the American Medical Association, 515 N State St, Chicago, IL 60610, and is an official publication of the Association. THE ARCHIVES OF FAMILY MEDICINE reaches more than 40 000 readers in over 40 countries. Periodicals postage paid at Chicago, IL and at additional mailing offices. GST registration number 12622 5556 RT. Canada Post International Publications Mail (Canadian Distribution) Sales Agreement No. 319600. Printed in the USA.

SUBSCRIPTION RATES—The personal subscription rates for the ARCHIVES OF FAMILY MEDICINE are \$95 for 1 year (6 issues) in the United States and US possessions; \$145 in the Americas; £95 outside the Americas. The institution rates for 1 year are \$195 in the United States; \$295 in the Americas; £145 outside the Americas. Special rates for residents and medical students are available. Address all subscription communications to: Subscriber Services Center, American Medical Association, PO Box 10946, Chicago, IL 60610-0946. Phone: (800) 262-2350. Fax: (312) 464-5831. E-mail: ama-subs@ama-assn.org. For mailing addresses outside the United States and US possessions, see International Subscription Information.

CHANGE OF ADDRESS—POSTMASTER, send all address changes to ARCHIVES OF FAMILY MEDICINE, c/o Subscriber Services, American Medical Association, 515 N State St, Chicago, IL 60610. Please notify us of address change at least 6 weeks in advance to ensure uninterrupted service. Include both old and new addresses, a recent mailing label, and new ZIP code. For mailing addresses

outside the United States and US possessions, see International Subscription Information.

SUBSCRIBER SERVICES—For information about subscribing to any of the AMA publications, change of address, missing issues, or purchasing back issues, please contact Subscriber Services Center, American Medical Association, PO Box 10946, Chicago, IL 60610-0946, or call (800) 262-2350 or (312) 670-SUBS (670-7827) between 8:30 AM and 4:30 PM CST. Fax: (312) 464-5831. E-mail: ama-subs@ama-assn.org. For mailing addresses outside the United States and US possessions, see International Subscription Information.

INTERNATIONAL SUBSCRIPTION INFORMATION—Subscriptions outside the United States and US possessions are served according to geographic region. Please address correspondence to the following 2 offices based on delivery address: (1) For delivery in North America, Central America, and South America, contact Subscriber Services Center, AMA, PO Box 10946, Chicago, IL 60610-0946. Phone (312) 670-7827. Fax: (312) 464-5831. E-mail: ama-subs@ama-assn.org. (2) For delivery outside the Americas, contact JAMA & Archives Journals, Reader Services Centre, PO Box 299, London WC1H 9TD, England. Phone: +44(0)171-383-6270. Fax: +44(0)171-383-6402. E-mail: jama-archives@dial.pipex.com.

REPRINTS—Authors place their reprint order at the time the edited typescript is reviewed and should allow 4 to 6 weeks for delivery following publication. Requests for individual reprints should be sent directly to the author at the address shown in the article.

For bulk reprint orders for distribution by commercial organizations, please contact Wanda Bartolotta, 500 Fifth Ave, #2210, New York, NY 10010. Phone: (212) 354-0050. Fax: (212) 354-1169. E-mail: QGZR06A@Prodigy.com. For reprint orders in limited quantities for distribution by educational organizations, please contact Joseph R. Rekash, 515 N State St, Chicago, IL 60610. Phone: (312) 464-4594. Fax: (312) 464-4849.

WORLD WIDE WEB ADDRESS—<http://www.ama-assn.org>.

FAMILY MEDICINE HOME PAGE—<http://www.ama-assn.org/family>.

PERMISSIONS—Contact Ada Jimenez-Walker, Permissions Assistant, 515 N State St, Chicago, IL 60610. Phone: (312) 464-2513.

ADVERTISING PRINCIPLES—Each advertisement in this issue has been reviewed and complies with the principles governing advertising in AMA scientific publications. A copy of these principles is available on request. The appearance of advertising in AMA publications is not an AMA guarantee or endorsement of the product or the claims made for the product by the manufacturer.

Publication Staff
Offices: 515 N State St
Chicago, IL 60610

Editorial Processing Department,
Archives Journals

Director: Paula Glitman

Manager: Vickey Golden

Freelance Manager: Diane L. Cannon

Freelance Coordinator:
Connie Manno

Electronic Editing Specialist:
Paul Frank

Assistant Electronic Editing Specialist:
Monica Mungle

Senior Copy Editor:
Brenda Gregoline

Copy Editors:
Erin M. Giannini
Michelle Kurzynski

Editorial Assistant: Celina Canchola

**Scientific Information and
Multimedia Group**

Administrative Assistant: Helga Fritz

New Media Editorial Office

Editorial Director, New Media:
William M. Silberg

Associate Editor: Marty Suter

Assistant Editors:
Deborah Flapan
Neil Shankman

Staff Assistant: Marla A. Hall

Production & Distribution Division

Manager, Budgets & Costs:
Bonnie Van Clevon

Publishing Manufacturing Analyst:
Diane Darnell

Office Manager: Karen Branham

Production Assistant: Shannon Epplert

**Advertising & Production
Department**

Director: Karen Adams-Taylor

Production Specialist: Terri Hanley

Manager, Advertising Services:
Carole Piszker

Manager, Production Services:
Susan Price

Supervisor, Production Services:
Debbie Camp

Production Associates:

Mari Guizzetti
Sarah Powell
Denise Steinhauer
Jo Anne Turner
Carmela Ware

Production Assistant: Bryan Irzyk

Distribution

Distribution Manager: Paul Gasielki

Senior Traffic Control Specialist:

Michael McGraw
Traffic Control Specialist:
Victoria Buckner

Electronic Production Department

Director: Linda Knott

Manager, Composition: Phil Arko

Electronic Production Operators:

Brenda Chandler
Heather Crego
Amy Evers
Mary Ann Kuranda
Sandra Lopez

Graphics Manager: Charl Richey

Graphics Operators:

Joe Amft
Maria Kowalkowski
JoAnne Weiskopf
Alicja Wojcik-Dunn

Manager, Proofreading:
Teresa H. Omiolek

Proofreaders:

David Antos
Daniel James
Mary Kay Tinerella
Barbara Wojtowicz

Production Assistant: Ruth Sprague

Manager, Database & New Media:

Mary Ellen Johnston

Indexer: Kathy Gaydar

Database Assistants:

Gail Barrett
Regina Brownlee
La'son J. Diggs
Melanie Parenti

Specialty Journal Division Office

Assistant to the Publisher:
Christine Hearne

**Circulation & Content
Marketing Division**

Administrative Assistant:
Millette Jackson-Bates

Circulation Processing Department

Director: Beverly Martin

Circulation Development Department

Director: Bina Oza

Licensing & Permissions Department

Director: Norman Frankel

Permissions: Ada Jimenez-Walker

International Coordinator: Sharon Ali

Reprints

Reprint Coordinator: Joseph Rekash



ARCHIVES

OF

FAMILY MEDICINE

www.ama-assn.org/family

VOL 7 NO. 6, NOVEMBER/DECEMBER 1998

SPECIAL SELECTION

- Pathological Case of the Month** 513
*Sonya R. Arnold, MD; Orestes Borrego, MD;
Enid Gilbert-Barness, MD*

EDITORIAL

- The Readers Speak** 515
Marjorie A. Bowman, MD, MPA

LETTERS TO THE EDITOR

- Spontaneous Regression of a Pancreatic
Metastasis of a Renal Cell Carcinoma** 516
*Eric Lewin Altschuler, PhD;
Albert Ray, MD*



- Family Medicine Clinic Survey
on the Treatment of Upper Respiratory
Tract Infections** 517
Kathi J. Kemper, MD, MPH

SPECIAL ARTICLE

- A Review of 12 Commonly Used
Medicinal Herbs** 523
*MaryAnn O'Hara, MD, MSt;
David Kiefer, MD;
Kim Farrell, MD;
Kathi Kemper, MD, MPH*



ORIGINAL CONTRIBUTIONS

- Patient Characteristics and Practice
Patterns of Physicians Using Homeopathy** 537
*Jennifer Jacobs, MD, MPH;
Edward H. Chapman, MD, DHT;
Dean Crothers, MD*



American Medical Association

Physicians dedicated to the health of America



Copyright 1998 by the American Medical Association. All rights reserved.
Reproduction without permission is prohibited.

All articles published, including editorials, letters, and book reviews, represent the opinions of the authors and do not reflect the policy of the American Medical Association, the Editorial Board, or the institution with which the author is affiliated, unless this is clearly specified.

E. Ratcliffe Anderson, Jr, MD
Executive Vice President,
Chief Executive Officer

Lynn Jensen, PhD
Chief Operating Officer

George D. Lundberg, MD
Editor in Chief, Scientific
Information and Multimedia

Robert L. Kennett
Interim Senior Vice President,
Publishing & Business Services

Peter L. Payerli
Publisher

Vanessa Hayden
Director, Production &
Distribution Division

Cheryl Iverson
Director, Editorial Processing Division

James A. Skowrenski
Director, Circulation &
Content Marketing Division

Geoffrey A. Flick
Manager, Marketing Services

Advertising Offices: East: Peter G. Messina, Kelly E. Lezynski, 119 Cherry Hill Rd, 3rd Flr, Parsippany, NJ 07054 (973) 263-9191. Midwest/West: Alexis A. O'Connell, 515 N State St, Chicago, IL 60610 (312) 464-2470. **AMA Classified Advertising Department:** Thalia Moss, Supervisor, 800-262-2260.

Echinacea Root Extracts for the Prevention of Upper Respiratory Tract Infections: A Double-blind, Placebo-Controlled Randomized Trial

Dieter Melchart, MD;
Ellen Walther;
Klaus Linde, MD;
Roland Brandmaier, MD;
Christian Lersch, MD, PhD

Prevalence and Patterns of Physician Referral to Clergy and Pastoral Care Providers

Timothy P. Daaleman, DO;
Bruce Frey, PhD

Medical Conditions and the Risk of Motor Vehicle Crashes in Men

Rémi Guibert, MD, MSc;
Eliane Duarte-Franco, MD, MPH;
Antonio Ciampi, PhD;
Louise Potvin, PhD;
Jacynthe Loiselle, MSc;
Lise Philibert, MSc

Manual Vacuum Aspiration for First-Trimester Abortion

John M. Westfall, MD, MPH;
Aris Sophocles, MD, JD;
Holly Burggraf, MD;
Sarah Ellis, MD

541



Management of Osteoarthritis of the Knee by Primary Care Physicians

Lorrie A. Mamlin, MPH;
Catherine A. Melfi, PhD;
Michael L. Parchman, MD;
Benjamin Gutierrez, PhD;
Deborah I. Allen, MD;
Barry P. Katz, PhD;
Robert S. Dittus, MD;
David A. Heck, MD;
Deborah A. Freund, PhD

563

548



Efficacy and Safety of an Over-the-counter Transdermal Nicotine Patch as an Aid for Smoking Cessation

Michael Davidson, MD;
Michael Epstein, MD;
Robert Burt, FRCA, FRCPE;
Connie Schaefer;
Gene Whitworth, PhD;
Arline McDonald, PhD

569



554

Physician Interaction With Battered Women: The Women's Perspective

L. Kevin Hamberger, PhD;
Bruce Ambuel, PhD;
Anne Marbella, MS;
Jennifer Donze, MD

575



559



ARCHIVES
OF
FAMILY MEDICINE

Editor:

Marjorie A. Bowman, MD, MPA
University of Pennsylvania
Health System
3400 Spruce St/1126 Penn Tower
Philadelphia, PA 19104-4283
Phone: (215) 662-3348
Fax: (215) 662-3591

Assistant to the Editor:

Patti Hutchings

Deputy Editor:

Joseph C. Konen, MD, MSPH
Charlotte, NC

Associate Editors:

Louise S. Acheson, MD, MS
Cleveland, Ohio

Charles E. Driscoll, MD

West Branch, Iowa

Steven C. Zweig, MD, MSPH

Columbia, Mo

Editorial Board:

Robert M. Bostick, MD, MPH

Columbia, SC

Elizabeth A. Burns, MD, MA

Chicago, Ill

Doug Campos-Outcalt, MD, MPA

Phoenix, Ariz

Nancy W. Dickey, MD

Chicago, Ill

Allen J. Dietrich, MD

Hanover, NH

Joseph J. Gallo, MD, MPH

Baltimore, Md

Lillian Gelberg, MD, MSPH

Los Angeles, Calif

John G. Halvorsen, MD, MS

Peoria, Ill

James M. Herman, MD, MSPH

Hershey, Pa

Vahe A. Keukjian, MD

Hudson, NY

Arch G. Mainous III, PhD

Charleston, SC

Patrick J. O'Connor, MD, MPH

St Paul, Minn

Michael L. Parchman, MD

El Paso, Tex

Barbara D. Reed, MD, MSPH

Ann Arbor, Mich

Len Scarpinato, DO, FACP,

FCCP, FAAFP

Racine, Wis

David E. Swee, MD

New Brunswick, NJ

Susan Z. Yanovski, MD

Bethesda, Md

Statistical Consultant:

Mark A. Espeland, PhD

Winston-Salem, NC

DRUG THERAPY

Alendronate Treatment to Prevent Osteoporotic Fractures 583
Anne Barrett Ragsdale, MD;
Thomas A. Barringer III, MD;
Geraldine D. Anastasio, PharmD, BCPS

**CLINICAL REVIEW**

Onychomycosis: Recognition, Diagnosis, and Management 587
Rebecca Jaffe, MD

**BRIEF REPORT**

Acupuncture in a University Hospital: Implications for an Inpatient Consulting Service 593
Laeth Nasir, MD

LIVING IN MEDICINE

What Counts as Evidence? A Personal Odyssey Into Alternative Care 598
Dan Richard, MD

DEPARTMENTS

In Other AMA Journals 511
Archives CME 519
Index to Volume 7 601
Classified Advertising 610
Index to Advertisers 615
Instructions for Authors—
 See September/October 1998 issue, page 493, or visit the Web site at www.ama-assn.org/family.

*Answers to This Issue's Self-assessment Quiz*

Q1. E Q2. B Q3. A Q4. C Q5. D Q6. D
 Q7. B Q8. D Q9. C Q10. A Q11. E Q12. D