

Barb Bancroft eBlurb Index 2013

Volume 1 2013

Volume 1, Number 1

January 2013

Infectious Disease Updates

- It's not just about hand-washing anymore
- Antibiotics and gut flora
- Hand dryers and bacterial counts
- Hepatitis C and Baby Boomers

Medical Minutiae

- Bootylicious
- Zip over to public restrooms in Taiwan
- "OW!"
- Sense-sational

Neurology Updates

- Why don't woodpeckers have brain damage?
- Rappers, Hip Hop and the functional MRI

The Numbers

- Laziness
- Benefits of giving blood
- Transmission of HIV from mom to baby
- Birth control

The Name Game

- Crohn's disease
- Sim's position

Platelet Pearls

- So, what do you think about when you think about platelets?
- Genes

Geriatric Gems

- Speech
- Brain volume
- More bad news on brain volume
- Dopamine
- Hearing

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February 2013

Infectious Diseases

- The Avian flu in the world of badminton—the mystery of the sluggish shuttlecock (aka, "the birdie").
- The "fecal cloud" surrounding the patient with *Clostridium difficile*.

- What is the degree and duration of *C. diff* infection (CDI) risk after the cessation of antibiotic therapy?
- Fecal transplants for *C.diff*
- Oral HPV spreads mostly through oral sex
- Carbepenam-resistant enterobacteriaceae (aka CRE)

Prostate Cancer in Females

Medical Minutiae

- Maggots at the crime scene
- BUSHUSURU
- Does a full bladder lead to better decision making?
- If you bladder is not full and you need to make a financial decision...
- The True Consequences of Good and Bad Behavior

Men's Health

- Guys, listen up if you want to live longer
- Guys, listen up if you want to have kids

Pediatrics

- TV content and aggressive behavior of preschoolers

Nurse Practitioner Notes

- Unexplained thrombocytopenia—consider Hepatitis C
- Pay close attention to childhood cancer survivors
- Iron deficiency anemia—don't forget celiac disease in the differential diagnosis

Nutritional Nuggets

- Addicted to Coca-Cola
- Is sea salt healthier than regular table salt?
- Refined Sugar Consumption Food Timeline
- Garlic from China

Pharmacology

- Olanzapine (Zyprexa)—new use?
- Cancer drug for the treatment of Alzheimer's disease

The Numbers

Neurology

- Déjà vu all over again
- Incidental Findings on Brain MRI in the General Population.
- Stuck Song Syndrome...

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March 2013

Infectious Diseases Updates

- Air travel and the spread of infectious diseases

Medical Minutiae

- Speaking of tuberculosis
- Overweight people have a heightened sense of smell...
- Oxytocin and hypnosis
- “Wrongful life” law suits—children who sue for being born

Neurology Updates

- Botulism

Nutritional Nuggets

- Time Line for the introduction of popular food items

Pharm Facts

- Back OFF prescribing acid suppression for all patients admitted to the hospital
- Nitroglycerin notes
- Levothyroxine
- Emergency hospital admissions for the elderly

Nurse Practitioner Notes

- ACE inhibitors, ARBs, and serum creatinine levels
- ACE inhibitors, ARBs, and serum potassium levels

The Name Game

- Thomas Willis

The Numbers

- Human Heart
- Snow shovel injuries
- Radiation doses for medical imaging procedures

Endocrine Updates

- Ovarian hyperstimulation syndrome (OHSS)
- Spermatogenesis

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April 2013

The Numbers

- The neural network
- Dementia in the year 2030
- Smellin'
- Weight of the world's population

Medical Minutiae

- The amount of urine in a public swimming pool
- Sleep and fat cells
- Big nostrils? Better smeller!
- Measuring your finger quotient

Pediatric Neurology

- Analyzing the placenta to diagnose autism

Women's Health Issues

- Abnormal uterine bleeding

GI, GI, GI, Did I Mention GI?

- Traveler's diarrhea and so much more...
- Beaver fever

Pharmacology

- The X, Y, and Z of naming pharmaceutical drugs.
- TYROSINE KINASE inhibitors—remarkable drugs to treat malignancies

- Drugs and profitability
- BOTOX as an antidepressant

The Name Game

- Henry Jay Heimlich

Treatment One-, Two-, Three-liners

- TNF- α inhibitors and melanoma risk
- Anakinra (Kineret) for dry eye disease
- Macrolide antibiotics and cardiovascular events
- Tamoxifen and antidepressants
- SSRIs and hyponatremia (low serum sodium)
- Rituximab (Rituxan) and chronic fatigue syndrome
- Keppra (levetiracetam) and mild cognitive impairment

Nutritional Nuggets

- Olive oil and oleocanthal
- Coffee notes

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May 2013

Medical Minutiae

- Heartburn and fetal hair
- Facial mites, rosacea and a yuck factor

Pharmacology Update

- How Serotonin Reuptake Inhibitors Work: Understanding More Fundamental Mechanisms of Action

Neurology Nugget

Dopamine depletion and aging.

The Numbers

Nutritional Nuggets

- A new link between heart disease and red meat

NP Corner

- TREATMENT ONE- TWO- and THREE- Liners...

Women's Health Issues

- Comparisons of birth control methods for the prevention of pregnancy

Men's Health Issues

- PSA testing, revisited

Physical Assessment Pearls

- Xanthelasma and arcus corneae

The Name Game

- Epstein, Tony and Barr, Yvonne

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June 2013

Nutritional Nuggets

- Coffee and NASH (Nonalcoholic Steato- Hepatitis)

- A prostate cancer diet

The Name Game

- Thomas Sydenham

Pharmacology

- Atypical antipsychotics
- Fever clearance times between ibuprofen and acetaminophen (Tylenol)
- Lithium may boost myelination in the peripheral nervous system
- New drug class for type 2 diabetes—the SGLT2 inhibitors

Controversial Topic

- Do vaccines contain cells from aborted fetuses?

Numbers

Medical Minutiae

- Sleep quality and inflammation
- Heart cells replenish throughout life

Gastroenterology

- Fecal microbiota transplants for chronic *Clostridium difficile* infections
- More Gastroenterology—latest stats on GI diseases in the U.S.

The Microbiome

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July 2013

Medical Minutiae

- Walk 6.43 miles in my nursing shoes
- Can a toothbrush prevent pneumonia?
- Menopause
- Lecture titles
- Fingerprints and contact dermatitis

Pharmacology

- Hypothyroidism and amiodarone—don't miss the signs and symptoms

Neurology Notes

- Hypothermia and patients who have drowned
- DROWNING

Oncology Updates

- Breast cancer survivors
- Breast density and cancer
- Sleep habits and colon polyps

More on the Microbiome

Neuro Numbers

- Practical Pearls—estimating urine volumes...
- Sports and steroids in the news...
- Side Effects
- How about side effects of AAS in women?
- How about adverse effects in pre-teens and teenage boys?
- So, in addition to illegal use, why are AAS used in the medical world?

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August 2013

Medical Minutiae

- Lack of sleep and eating
- Sneaker foot
- Ig Nobel prizes
- Cell phones and driving

Pharmacology Update

- Off-label drugs to reduce alcohol craving

Oncology Updates

- Incidence of invasive cancers by age group
- Cancer types in primary care practice
- BREAST CANCER and WOMEN—some important notes...
- Black women with a high BMI and less dense breasts had no excess risk
- Ductal carcinoma-in-situ (DCIS)
- The HIPPO HYPOTHESIS
- Cancer prevention via “chemoprevention”
- REALLY?
- Other drugs and cancer prevention
- Transplant patients and subsequent cancer risks

Numbers

- Male hair numbers
- Moustache hair grows faster than any other body hair—faster in the spring and summer
- Plastic bag use in 2009 in the U.S.
- ASA
- What is “old”?

Vital Signs

- Slow heart rate and criminal behavior
- Patients with HFE (hereditary)-hemochromatosis are taller than the general population

Infectious Disease Update

- Listeriosis—something new and important
- Vancomycin notes
- Recurrent shingles

Liver Logic

- Five stages of cirrhosis of the liver
- Recommendations for patients with cirrhosis of the liver

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September 2013

Neurology Notes

- Cotard’s syndrome—the walking corpse syndrome. WTF?
- Toxoplasmosis and the mouse brain

- What's so hard about diagnosing psychiatric patients? Here's the 10-minute rule...
- Treatment of tardive dyskinesia/dystonia syndromes

Infectious Disease Update

- Tick talk
- Late diagnosis of Lyme disease
- Revisiting the circumcision decision. Circumcision reduces the risk for HIV infection
- Thirteen fast facts about norovirus infections you should know
- HPV update

Numbers

- A 1-millimeter stretch of DNA contains a base pair sequence of more than 3 million letters
- Ischemic stroke in younger patients
- Blood numbers

Pharmacology Update

- Age and prescription drug use
- A polypill for cardiovascular disease—revisited for the umpteenth time
- The floxacins (fluoroquinolones) may cause blood sugars to be “all-over-the-map”...
- Acetaminophen (Tylenol) re-visited as an over-the-counter drug
- Hepatocellular enzymes with an acetaminophen overdose

Nutritional Nuggets

- Why is gout worse at night?
- Blueberries and lowering the risk of type 2 diabetes

Medical Minutiae

- Swappin' saliva and DNA at the same time
- The Whizzinator
- Small testicles and fatherhood

Thyroid Notes

- Severe hypothyroidism (myxedema)—4 clinical caveats
- Thyrotoxicosis—3 clinical caveats
- General thyroid notes

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October 2013

The Macrophage

- Its diverse roles in health and disease

Neurology Update

- Seizure disorders, aka epilepsy
- Scope of the problem

Neurology of Aging Update

- Computer Program for elderly individuals for better cognitive function

Rx one+++liners

- Use of SSRIs in patients recovering from strokes

- Antidepressants near delivery and the risk of postpartum hemorrhage
- More on SSRIs and bleeding tendencies
- KISS MY ASPIRIN... again and again

Oncology Update

- Risk Assessment Model for Predicting Venous Thromboembolism (VTE) in Cancer Patients

Numbers—renewal of tissues?

- Hair
- Speaking of eyebrows
- Eyes
- Skin cells
- Fat cells
- Peripheral nerves
- Liver
- Gastrointestinal tract
- Heart muscle cells (myocardial cells)
- Fingernails
- Fingertips
- Finger prints
- Respiratory tract
- Bone marrow cells
- Skeletal muscle cells
- Skeleton

Medical Minutiae

- Predicting the age of body tissues by measuring methylation patterns
- The Law of Urination

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November/December 2013

Medical Minutiae

- Morning sickness during pregnancy?
- Bouncing babies and boosting brain function
- Nose picking
- What the F*@K? Cursing the pain away

Numbers

- Era of Peak Child
- Cancer statistics improving
- Cancer database—CanSAR
- Glucose in the blood

Diabetes—Update

- What are the incretins?
- Metformin and B12
- Hypoglycemia

GI, GI, GI

- And to continue the B12 deficiency saga...

- Adenomatous polyps of the colon
- Healthy lifestyles and a reduction in colorectal cancer

Pharmacology

- Combination of paroxetine (Paxil) and pravastatin (Pravachol) can increase blood sugar
- Metformin and lung cancer
- Chlorthalidone vs. hydrochlorithiazide (HCTZ)? Which diuretic is better?
- Systemic steroids for severe pharyngitis pain

Neuro Update

- The “IN/OUT” diagnostic approach to delirium
- A note on Selective Serotonin Reuptake Inhibitor (SSRI) withdrawal
- Lack of sleep and Alzheimer’s disease

Nutritional Nuggets

- Nationwide study of vitamin D levels in various ethnic groups

Cardiovascular Disease

- Clues to increased cardiovascular disease risk in black Americans vs. white Americans
- Every-other-day dosing with the statins

Oncology Update

- Breast cancer survival rates

Lab Tests

- MMA testing for vitamin B12 deficiency
- BNP testing