

# Barb Bancroft eBlurb Index 2014

## Volume 2 2014

### Volume 2, Number 1

January 2014

Mnemonics for Clinical Practice

- MNEMONIC “HAND” to evaluate your patients for the tell-tale signs of bulimia
- The ABC’s body shaving in women to prevent skin problem

Numbers

- For a typical adult, high cholesterol poses a three-fold increase in the risk of dying
- Skin minutiae
- Natural teeth

Physical Assessment Pearls

- Anemias
- Thrombocytopenias

Pharmacology Update

- Spironolactone combined with trimethoprim and hyperkalemia
- Is there a “better” ACE inhibitor? Funny you should ask.
- CHOLESTEROL management—the MAKE-OVER of the decade...
- Update on a prior eBlurb
- How likely is a CT scan to determine the diagnosis for specific conditions?

GI Jewels

- Colonoscopy pearls:
- The Bristol Stool Scale. REALLY?
- Relative risks for upper gastrointestinal (GI) bleeding with NSAIDS

Neuro Nuggets

- Alzheimer’s disease and diabetes—what’s the correlation?

Interesting, but

- Topical sildenafil for menstrual cramps
- Aprepitant/Emend for brain tumors
- Valproic acid (sodium valproate, Depakene, Depakote, and others) to master the perfect pitch
- FYI: 10 famous singers with ‘perfect pitch’

Nutritional Nuggets

- The affordability of a healthy diet

### Volume 2, Number 2

February 2014

Heart Matters

### Infectious Disease Update

- ...mosquitoes will continue to move further away from the equator
- Prevention is the best medicine
- The return of norovirus to the Royal Caribbean cruise line

### Numbers

- The average human body has only about 1 to 2 teaspoons of glucose in the blood
- 1.6 million smokers tried to quit smoking after seeing the CDC's Tips from Former Smokers campaign

### Oncology Update

- Malignant melanoma...what everyone needs to know sooner not later
- A few more notes on the ABCDE's
- The "Ugly- Duckling" sign
- "Chemo brain", also known as cancer-related cognitive impairment

### Diabetes Update

- Diabetes and cancer
- Diabetics and medications—who takes what?
- Diabetes and weight

### Medical Minutiae

- Taste buds
- What does short-term abstinence from alcohol do for the body—not just the liver?

### Physical Assessment Pearls

- Leg length discrepancy (LLD) and hip pain

### The Name Game

- Von Munchhausen, Baron Karl Friedrich Heironymus
- Munchausen syndrome

### Pharmacology Update

- GERD and sleep disturbances

## **Volume 2, Number 3**

### **March 2014**

#### Medical Minutiae

- Falling
- Think visually
- The sniff

#### Neuro Update

- Neuroscience and genetics have determined that gambling and drug addiction are far more similar than previously realized.

#### Physical Assessment Pearls

- The differential diagnosis of petechiae
- RED LIGHTS
- What does a pleural friction rub sound like?

#### GI Gems

#### Eosinophilic Esophagitis and Food Allergy

- In the category of WHAT WILL THEY THINK OF NEXT?
- In the category of OMG! CAN THIS REALLY BE A POSSIBILITY?
- The Abscopal Effect—in the same category as OMG! CAN THIS REALLY BE A POSSIBILITY?

#### Nutritional Nuggets

- Caffeine equivalents
- Another booming business in COLORADO due to the legalization of marijuana?
- Six tried and true stress-reducing foods

#### Historical Highlights

- In the 1500s, Flemish anatomist, Andreas Vesalius began studying the anatomy of corpses
- Luigi Galvani (1780s) hooked up recently deceased frogs to a long metal wire during a lightning storm and observed that each strike triggered movement of their legs

#### Pharmacology

- Certain drugs come in salt forms

### **Volume 2, Number 4**

**April 2014**

#### Nutritional Nuggets

- The health benefits of the vegan/vegetarian nutrition

#### RX Updates—NP Corner

- Pravastatin and Paroxetine together? Nyet
- Treatment of depression in postpartum women
- Fluoroquinolones (FQs) and peripheral neuropathy
- Beta blockers for heart failure
- Another use for the anti-depressant paroxetine, brand name Brisdelle (BRIS del)

#### Infectious Disease Updates

- Narcolepsy and the Pandemrix vaccine for H1N1
- Decline in Guillain-Barré syndrome
- Oral human papillomavirus (HPV) Infection in the U.S.

#### Mononucleosis Beware

- The FRESHMAN year of college!
- Numbers
- Cat bites
- Food decisions
- Low-income children and books
- An interesting perspective on aging, age-related diseases and polypharmacy...
- What is nitric oxide (NO)?

#### Physical Assessment

- Examining the fingernails for specific traits—circa 1904

## **Volume 2, Number 5**

**May 2014**

### Nutritional Nuggets

- Gluten free is not totally gluten free—but close enough
- Infectious disease TIP
- Temperatures to cook foods to prevent foodborne illness:
- NUTRITIONAL Chicken NUGGETS

### Treatment Updates

- Metformin in the “old days.”
- Poor compliance and prescription drugs
- Sofosbuvir (Solvadi) for Hepatitis C virus (HCV) infections
- Keep choking
- A new monoclonal antibody for lung cancer is promising
- Truvada (tenofovir/emtricitabine) for HIV prevention
- Statins and slowing the disease progression in patients with multiple sclerosis

### Infectious Disease Updates

- Dengue fever, Brazil, and the World Cup—bring your DEET!
- MERS—Middle East Respiratory Syndrome

### Numbers

- NSAID
- You need friends!
- Speaking of cigarettes
- Notes on the special senses

### Physical Assessment Pearls

- Listening to the lungs—does it do anything?
- Using the blood pressure cuff to protect the heart

### Lab Tests

- Fecal Immunochemical Testing (FIT) for occult blood in the lower GI tract

## **Volume 2, Number 6**

**June 2014**

### Medical Minutiae

- Head injuries
- Why are yawns contagious?
- A “Mother’s Kiss” for the removal of nasal foreign bodies

### Food Allergen Risks

- Do your patients have allergies to certain foods and environmental allergens?
- Special concerns for school-aged kids and food allergies
- More notes on food allergy

### Numbers

- Autism

- Hypothyroidism during pregnancy and autism risk

#### Infectious Disease Updates

- Delaying vaccines
- Vaccinate the kids, protect Grandma and Grandpa
- Snapshot of TB in New York City

#### Pharmacology

- Topiramate (Topomax) for migraine headache prevention in adolescents
- Pediatrics!
- Apremilast (Otezla) for psoriatic arthritis
- Metformin and race-ethnicity
- ADHD, DRUGS, and SUICIDE
- Levothyroxine and gastric acidity

#### Pediatrics!

- MONO notes
- Chronic cough in teenagers
- If one family member has a disease, what is the likelihood that another sibling will get the disease?

#### Geriatric Gems

- So you want to live to be 100?

### **Volume 2, Number 7**

#### **July 2014**

#### Numbers

##### Medical Minutiae

- To smoke or not to smoke
- Your gene pool
- Delaying retirement
- What's the most a human can weigh?
- What's the tallest we can grow?
- What's the longest we can go without food?
- What's the longest we can go without sleep?

##### Nutritional Nuggets

- "That's like comparing apples to oranges..."
- Tiny bubbles
- Headaches and red wine
- Cherries for sleep?
- Potassium "leaching" to lower the potassium in high-potassium vegetables
- Testing for serum potassium

##### Oncology Update

- Aspirin and colon cancer protection
- Sunscreen Protection Factors (SPF)

##### Pharmacology

- Opioid addiction notes
- Top Ten Prescription Drugs (2013)
- Top 10 Money Making Drugs (in billions, with a 'b')

- Etanercept (Enbrel) and Alzheimer's disease

#### Blood Pressure Notes

- Are you a dipper or a non-dipper?
- A last FUNNY note, albeit not medically pertinent

### **Volume 2, Number 8**

**August 2014**

#### Numbers

- Low glycemic index (GI) diet for diabetes

#### Diabetes and Nutrition

- Create your own low-glycemic index plate
- Famous Japanese eponyms
- Takotsubo Cardiomyopathy (TTC)
- Hashimoto's thyroiditis
- Shigella

#### Maternal Health

- Ectopic pregnancy—an update
- Gabriele Falloppio
- $\beta$ -hCG is a hormone produced by a portion of the placenta following implantation of a fertilized egg
- Delay cutting the cord when the baby is born

#### Infectious Disease—Ebola Update

#### Not Medically Pertinent

- Why is the drinking age 21?
- Things that are known by erroneous names rather than their correct origin

### **Volume 2, Number 9 & 10**

**September/October 2014**

#### Medical Minutiae

- The whole tooth and nuttin' but the tooth
- Use a tablet of Alka-Seltzer or a dollop of ketchup to clean your silver
- The gradual disappearance of the Y chromosome
- Face pareidolia. HUH?
- “One foot on a banana peel and one foot in the grave,”
- Preventing pneumonia with a high-tech item—the tooth brush

#### Oncology

- How old is your cancer?
- Ductal carcinoma in situ (DCIS)

#### Numbers

#### Infectious Disease Update

- Really? A urine test for HPV?
- Causes of antibiotic-resistant infections
- Antibiotic prescriptions for acute respiratory tract infections (ARTI)

- Drugs are the major cause of fatal anaphylaxis in the U.S.
- Antibiotics and weight gain in children
- FLUZONE—the high-dose flu shot for people over 65
- How long should you wait to administer the shingles vaccine after a patient has had a case of the shingles?
- But why focus on the over-65 crowd for giving flu vaccines?
- Putting Ebola into perspective in the U.S.

#### Women's Health Issues

- Finally! You can recycle your old, unused uterus!

#### Pediatrics

- Autism
- Celiac disease
- Type 1 diabetes

#### Your Tissue to Fight Disease

HISTORICAL HIGHLIGHT—the Barber Pole

### **Volume 2, Number 11 & 12**

**November/December 2014**

#### Neurology

- Sleep drunkenness (aka confusional arousal)
- The ketogenic diet for intractable partial seizures
- Is exercise an effective antidepressant and if so, how?
- Statins improve survival in hemorrhagic stroke patients
- What time of year are patients with multiple sclerosis more likely to relapse?
- Infantile amnesia

#### Numbers

##### Medical Minutiae

- Obesity and automobile mortality
- More on the Ebola epidemic
- Empty your bladder before flying
- Swappin' saliva AND bacteria during a 10-second French kiss
- “Text Neck”—Texting can be ruining your cervical spine (neck vertebrae)
- E-cigarettes and smoking cessation

##### Treatment Updates

- Changing the appearance of a pill influences medication compliance.

##### Physical and Clinical Pearls

- Physical exam findings in patients with obstructive sleep apnea
- Clinical conditions associated with obstructive sleep apnea
- The STOP-Bang questionnaire for assessing obstructive sleep apnea (OSA)
- Abdominal obesity appears to be an independent risk factor for sudden death
- Is this chest pain due to panic/anxiety disorder?

##### Infections Disease Updates

- For once, some good news about HIV infections—at least in parts of Africa

#### Nutritional Nuggets

- Food facts
- Swiss chard is not native to Switzerland
- Gimme some sugah, sugah
- The ants go marching one by one... Hurrah! Hurrah!
- IRON in your diet

#### Women's Health

- Contraceptive Failure
- A new and improved HPV vaccine—Gardasil 9
- Bioidentical hormones vs. compounded hormones in postmenopausal women