Barb Bancroft eBlurb Index
2014

Volume 2 2014

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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- Duckyling” 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
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• Munchausen syndrome

Pharmacology Update
• GERD and sleep disturbances

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• 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

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• 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
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• Decline in Guillain-Barré syndrome
• Oral human papillomavirus (HPV) Infection in the U.S.

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

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• Examining the fingernails for specific traits—circa 1904
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- Infectious disease TIP
- Temperatures to cook foods to prevent foodborne illness:
- NUTRITIONAL Chicken NUGGETS

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- 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

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- MERS—Middle East Respiratory Syndrome

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- Speaking of cigarettes
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- Using the blood pressure cuff to protect the heart

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

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- Special concerns for school-aged kids and food allergies
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- Vaccinate the kids, protect Grandma and Grandpa
- Snapshot of TB in New York City

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- Metformin and race-ethnicity
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- 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?

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- Your gene pool
- Delaying retirement
- What’s the most a human can weigh?
- What’s the tallest we can grow?
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- 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
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- Sunscreen Protection Factors (SPF)

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- Opiod 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
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- A last FUNNY note, albeit not medically pertinent

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- 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
- β-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
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- Things that are known by erroneous names rather than their correct origin

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- 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

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- Ductal carcinoma in situ (DCIS)

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- 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.

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

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• The ketogenic diet for intractable partial seizures
• Is exercise an effective antidepressant and if so, how?
• Statins improve survival in hemorrhagic stroke patients
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• More on the Ebola epidemic
• Empty your bladder before flying
• Swappin’ saliva AND bacteria during a 10-second French kiss
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• E-cigarettes and smoking cessation

Treatment Updates
• Changing the appearance of a pill influences medication compliance.

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• 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?

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

Nutritional Nuggets
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• Gimme some sugah, sugah
• The ants go marching one by one… Hurrah! Hurrah!
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Women's Health
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• A new and improved HPV vaccine—Gardasil 9
• Bioidentical hormones vs. compounded hormones in postmenopausal women