

# **Barb Bancroft eBlurb Index 2015**

## **Volume 3 2015**

### **Volume 3, Number 1**

#### **January 2015**

##### Infections Disease Updates

- “Patient zero” for the current Ebola outbreak in West Africa
- Houseflies and the spread of Ebola
- Measles

##### Neurology Update

- New and important research in the world of preventing dementia and reversing memory loss
- The MEND program—Metabolic Enhancement for NeuroDegeneration
- The many options of treating glioblastomas—finally, the future has arrived and it’s looking promising

##### Historical Highlight

- Toothpaste

##### Nutritional Nuggets

- Fish bites
- Sharper vision, sharper minds with darker chocolate.
- Coffee for the tremor of Parkinson’s disease

##### Neurology

- Is the nose the entry point for neurodegenerative disease?

##### Numbers

- Neuro numbers
- Calories

##### Diabetes Updates

- Kids. What are the A1C goals in children?
- Screening criteria for kids with a risk for type 2 diabetes

##### Pharmacology Update

### **Volume 3, Number 2 & 3**

#### **February/March 2015**

##### Physical Diagnosis Pearls

- The Argyll Robertson Pupils
- Anisocoria

##### Oncology Update

- Lung cancer rates and altitude

##### Women's Health Issues

- Soy for hot flashes—revisited and updated
- And yet another mammography study

##### Infectious Disease

## FAST FACTS—Hepatitis C Virus (HCV)

### The Lifetime Costs of HV

### Treatment Updates —Game Changers in the world of Pharmacology

- A new antibiotic on the horizon
- GAME CHANGER for ACE inhibitor-induced angioedema
- GAME CHANGER? A probiotic for cirrhosis? REALLY?
- GAME CHANGER in the world of glioblastoma
- Novel Oral Anti-Coagulants—the GAME CHANGING ANTIDOTES that are on their way!
- The Game changer...
- A game changing HPV vaccine has been approved by the FDA
- Abused Drugs and Risk of Death
- What's up with E-cigarettes?

### Nutritional Nuggets

- Stop drinking regular soda/pop—say what?
- “Myths and maybe's” of metabolism and weight loss
- Five factors that constantly predict weight gain

## **Volume 3, Number 4**

### **April 2015**

- The TALL, the short, the FAT, the skinny
- Body Mass Index (BMI) (the FAT) and the risk of dementia ...
- Height (the short) and coronary artery disease (CAD)
- The TALL and the risk of cancer

### Future Perspectives

- A new, potential drug to slow down Alzheimer's dementia
- Centenarians in the future
- The blue light special for erectile dysfunction (ED)
- Using OSC (olfactory sheathing cells) to repair the spinal cord in patients with spinal cord injuries

### Medical Minutiae

- Mining human waste for chemicals and metals. Hmmm...

### Nurse Practitioner Corner—a prescribing update on everything you need to know about NSAIDS (non-steroidal anti-inflammatory drugs)

- Duexis is the newest combination of ibuprofen/Motrin/Advil and famotidine/Pepcid
- HIGH GI RISK and HIGH CV risk?
- A few last notes on diclofenac

### Physical Assessment Pearls

- In 6,000 patients presenting with acute fever, cough...

### Nutritional Nuggets

- In the “I didn't know that” category
- Trying to lose a few pounds?

### Infectious Disease

### Traveling on the airlines anytime soon?

## **Volume 3, Number 5& 6**

**May/June 2015**

### Medical Minutiae

- Knuckle-cracking
- New use for sildenafil, Viagra
- Naming diseases—new guidelines
- Tree-hugging Koalas

### Summertime Is Melanoma Awareness and Prevention Season

- The rate diagnosis for melanoma has doubled in the past 30 years in the U.S.
- Mnemonics...here's one for melanoma risk: MMRISK
- Using a herpes virus to slow the progress of melanoma
- What is meant by skin phototypes?

### Treatment Updates

- Drug nonadherence—America's "other" drug problem
- Ladies...Listen up! A drug for sexual dysfunction and low libido has been recommended for approval

### Game Changers

- Treatment of hypercholesterolemia
- Stroke Game Changer

### Wells Scoring Criteria for Pulmonary Embolism

#### Infectious Disease Update

- Are three doses of the HPV vaccine really necessary?
- The NEW HPV vaccine
- Measles—the long lasting effects on the immune system
- MERS has hit South Korea with a vengeance

#### Oncology Update

- The cachexia (wasting) of cancer patients—finally, the cause has been found

#### Physical Assessment Pearls

- Scleral icterus
- Tea-colored urine
- Mnemonic to remember Pulmonic and Aortic murmurs

#### Numbers

- Belch
- Weight watching
- Drug testing

#### Women's Health Issues

- Gestational Diabetes Mellitus (GDM) and autism

#### Nutritional Nuggets

- Potatoes are getting a make-over

#### Tootsie Roll Trivia

#### Timeline for Longevity

#### In the Future

- VirScan—a test for previous exposures to all human-tropic viruses

### **Volume 3, Number 7**

**July 2015**

#### Neurology Notes

- Routine screening for dementia—is it cost-effective?
- Let's review the 10 warning signs of Alzheimer's disease: (Alzheimer's Association, 2015)
- Low vitamin D levels and dementia
- Neurological complications cause by "skinny jeans"...REALLY?

#### Medical and Non- Minutiae

- Let's start with the non-medical minutiae
- The Wonder Woman Stance. Hands on hips, feet spread out, and head up
- Blue eyes and alcohol dependence

#### Pharmacology Updates

- ACE inhibitors for migraine prophylaxis
- Preventing interferon-alpha (IFN- $\alpha$ )—induced depression with omega-3 fatty acids
- A game changer for Chronic Heart Failure...LISTEN UP!

#### Geriatric Gems

- Falls in the elderly
- What are the risk factors for falls?
- The top 5 antibiotic classes prescribed in nursing homes

#### Men's Health

- Older fathers and worse psychiatric and educational outcomes
- Influenza in pregnant women and bipolar disorder risk in offspring

#### Nutritional Nuggets

- Need to remember what you just read in this newsletter?

### **Volume 3, Number 8**

**August 2015**

#### Neuro Nuggets

- FACTORS that influence the risk of Alzheimer's Disease (AD)—the GOOD and the BAD
- BEDSIDE PREDICTORS of RISK of ASPIRATION after STROKE
- PARKINSON's DISEASE—What's new and what do we know NOW?
- Simple screening test for delirium and anybody can perform it

#### Cardiac Quips

- Valvular heart disease—a few pearls for the practitioner
- Aortic stenosis (AS)
- Mitral stenosis (MS)
- BNP testing

#### Liver Logic

- Finding the cause of biliary atresia (the lack of development of the bile duct system in the liver) and cirrhosis in young children.
- BIG Babies, BIG problems later in life
- TYPE 1 DIABETES—Can beta-cell function be preserved and the complete failure of the pancreas be delayed?

#### Medical Minutiae

- Stand up, live longer?
- Man in the mirror
- Follow up to the skinny jeans story from the July eBLURB
- A new use for tampons

#### Pharmacology Updates

- The newest SSRI for depression is known as vortioxetine, aka brand name—Brintellix
- How could a loop diuretic potentially benefit children with autism spectrum disorder (ASD)?

#### Women's Health Issues

- Risk of migraine and stroke in women—on and off combined oral contraceptives (COCs)

#### In Memoriam

- Frances Kathleen Oldham Kelsey, MD, PhD
- Oliver Wolf Sacks, MD, CBE, FRCP

### **Volume 3, Number 9& 10**

#### **September/October 2015**

##### Neuro Update

- Focused ultrasound for essential tremors and more
- Blinking is controlled by a blinking center in the caudate nucleus of the basal ganglia

##### Numbers

- Hair Hair
- Liver Numbers
- Top 10 Causes Of Death In The U.S.—2012

##### Women's Reproductive Health

- The fertility calculator...what is the best age to start a 1-child, 2-child, or 3-child family?

##### Infectious Disease Update

- Ebola is now officially a sexually transmitted infection. YIKES

##### Women in Science/Medicine

- Margaret Hutchinson

##### Pharmaceuticals in Water

##### Gender Differences

- Attention Deficit Hyperactive Disorder—boys 13.2% vs. girls 5.6%
- Anorexia/eating disorders—8 to 1 female to male ratio
- Schizophrenia
- Tourette's syndrome

## Prostate Cancer Update

NP Corner— simple (albeit long-winded) approach to evaluating polyneuropathy  
Polyneuropathy has an estimated prevalence of about 2% in the general population

- WHAT TYPE? Sensory, motor, or autonomic?
- More facts on specific neuropathies

## **Volume 3, Number 11**

**November 2015**

### Pharm Facts

- 2014 was a landmark year for drug development
- CoEnzyme Q10 supplementation
- Montelukast (Singulair) and rejuvenating old brains
- A new drug for patients with late-stage Parkinson's disease

### Nutritional Nuggets

- Can you get sick from eating reheated rice?
- Another use for omega-3 fatty acids?

### Medical Minutiae

- Drunk vegetarians
- Speaking of drunk
- Boys will be boys
- Men will be men
- Minutiae that is not medical, but interesting just the same
- We're smiling more

### Infections Disease Updates

- How many people in the community do we need to vaccinate to protect the community from an infectious disease?
- Possible game changer in the world of HIV

### Oncology Update

- We knew it was coming

### Neurology

- La Bobera – “the foolishness”.
- Simplifying acute stroke prognostication

### Women of the Newsletter

- Jean Nidetch

## **Volume 3, Number 12**

**December 2015**

### Numbers

Let's start with a bit of holiday trivia

### Gastrointestinal Updates

- An update on fecal transplants

### Genetics

- Evolution and earwax

### Medical Minutiae

- Coffee and circadian rhythms
- If you have been sitting more than two hours before you read this, stand up and finish reading the eBLURB

### Physical Assessment Pearls

- Skin moles and breast cancer risk

### Neuro Nuggets

- Electrical stimulation of the tongue may help to repair nerve damage in the CNS
- High-fat diet (ketogenic diet) for seizure disorders...and perhaps more
- New thinking on “treatment-resistant” depression
- The effect of music on the brain