

Barb Bancroft eBlurb Index 2016

Volume 4 2016

Volume 4, Number 1 & 2

January/February 2016

RX UPDATES

- Dabigatran (Pradaxa) vs. warfarin (Coumadin) in patients with mechanical heart valves.
- Disulfiram (Antabuse) and the AIDS virus.
- The SGLT2 inhibitor empaglofozin (Jardiance) and possible cardiovascular benefits

PEDIATRICS—Autism Historical Highlights and mor

- Leo Kanner first described the clinical manifestations of autism in 1943

FROM AUTISM TO ALZHEIMER’S DEMENTIA

- Dale Bredesen, UCLA Professor of Neurology, has divided Alzheimer’s into three subtypes

ZIKA virus

MEDICAL (and other) MINUTIAE

- The world in one second
- The first testicular guard, the “cup,” was used in hockey in 1874
- URINE-alysis

Volume 4, Number 3 & 4

March/April 2016

Numbers

- Attention span
- Average age of a person in the world
- Friends, drink your water
- Blue eyes
- Cost of hemodialysis in the U.S.

MALE HEALTH ISSUES

- Sex and the prostate gland
- Guys, (and gals) did you know...??

TREATMENT UPDATE

Acetaminophen and Osteoarthritis!! READ THIS!!

- Worldwide, nearly 10 percent of men and 18 percent of women over 60 have osteoarthritis
- Here’s some more fun ID notes

NURSE PRACTITIONER CORNER

Volume 4, Number 5

May 2016

MEDICAL MINUTIAE

- Sleep and heart disease
- Fatal medical errors in the hospital
- One billion seconds
- Fahrenheit vs. Celsius
- Baby boomers gone wild

SOME SUMMER ISSUES!!!

- It's LYME TIME!!

TREATMENT UPDATE — NEUROLOGY PEDIATRICKS

- Facts on kids who are on employer-sponsored health insurance plans

WOMEN'S HEALTH ISSUES

- Hormone Replacement therapy and subclinical atherosclerosis
- Evaluating coronary artery disease risk using breast arterial calcification from digital mammograms or chest CT scans
- Recurrence rates for early-stage breast cancer—longterm follow-up

PHARM PEARLS

- Suggest naproxen (ALEVE)
- Spironolactone (Aldactone) is the new “go to drug” for treatment-resistant hypertension
- While typically not used for the treatment of UTIs
- The prediction for doomsday
- Well, if that was a Debbie Downer

Volume 4, Number 6

June 2016

PHARMACOLOGY

- CHEST PAIN and aspirin!!
- What does chewing aspirin do?
- BREAKTHROUGH THERAPY for Graft-vs.-Host disease
- And yet another approach to protecting the brain from Alzheimer's

INFECTIOUS DISEASE UPDATES

- How many times can we talk about hand-washing? Apparently not enough!
- SUPERBUGS, BED BUGS and SEAGULLS
- CATERPILLAR BITES
- CENTIPEDE BITES
- CHIGGER BITES
- CAT BITES
- TUBERCULOSIS outbreak in ALABAMA— WHAAAT?
- WEIGHTY ISSUES
- CARDIOVASCULAR EFFECTS OF TWO DIABETES DRUGS

PEDIATRICKS

- The childhood viral exanthema (rashes)
- Melanoma in kids
- Celiac disease and Type 1 diabetes
- MEDICAL MINUTIAE When science meets celebrity

Volume 4, Number 7

July 2016

NEUROLOGY UPDATE

- Exercise and memory

INFECTIOUS DISEASE UPDATE

- Health Care Related Infections

MEDICAL MINUTIAE

- Optical blindness from nighttime cellphone use

LAB TEST UPDATE

- ACE inhibitors
- STEP AWAY FROM ORAL KETOCONAZOLE FOR SKIN AND NAIL FUNGAL INFECTIONS
- WEIGHTY ISSUES
- Gender differences in weight loss

PHYSICAL ASSESSMENT PEARLS

- Carnett sign for a patient with abdominal pain
- Pneumococcal pneumonia—some tidbits to know
- RUQ pain
- GAME CHANGERS
- BREAKTHROUGH THERAPY

WOMEN'S HEALTH ISSUES

Volume 4, Number 8 & 9

August/September 2016

MEDICAL MINUTIAE

- Wanna get rid of small kidney stones?

NEURO NUGGETS

NUTRITIONAL NUGGETS

- Just how many grapes are in a bottle of wine?
- A cuppa Joe for Parkinson's disease

INFECTIOUS DISEASE PEARLS

- The occupational hazard of playing a wind instrument
- An antibiotic in the schnozz. REALLY?
- A PRIMER ON MRSA or Methicillin-Resistant-Staphylococcus Aureus
- Acquiring antibiotic resistance when traveling abroad
- Herpes simplex 1 and 2 revisited in 2016
- Gold, Silver, Bronze, Latex

TREATMENT UPDATES

- Nilotinib (Tasigna)
- Herpes simplex virus to treat melanoma

Volume 4, Number 10 & 11

October/November 2016

CARDIOLOGY UPDATE

- Actually, Demetri, the worse time to have a heart attack, physiologically, is between 6 a.m. and 12 noon
- Cardio-Oncology—a rising new specialty in the world of Cardiology
- Low levels of HDL (the “good” cholesterol) appear connected to many health risks, not just heart disease

MEDICAL MINUTIAE

- The debate over the physiologic reason for yawning continues
- NOT MEDICALLY IMPORTANT but fascinating

INFECTIOUS DISEASE TRIVIA

- The kitchen floor isn't the dirtiest place in your house!

NP CORNER

- Mnemonic for the work-up for a patient with hematuria (blood in the urine)

NUTRITIONAL NUGGETS

- How long have I been telling you this? Telling you what? All calories are not created equal
- Is sucralose in Splenda a carcinogen?
- OK, so now that we know what types of food to eat to NOT gain weight and NOT develop diabetes....how can we keep the weight OFF?

PHARMACOLOGY UPDATE

- Drugs and the emergency room
- Should anticoagulants be re-started after a GI bleed?

ZIKA UPDATE

- The behavior of this virus is like no other
- Transmission of Zika virus from an asymptomatic sex partner
- Zika virus infection WITHOUT known risk factors

Volume 4, Number 12

December 2016

MEDICAL MINUTIAE

- Where do we register the “tickle” response in the brain?
- What makes a creep?
- How much are our body parts worth?
- What about the elements contained within the body?
- Vitamin D update
- Pound-for-pound—how normal-weight individuals approach a buffet table as compared to overweight individuals
- College weight gain

DIABETES UPDATES

- Junk food and insulin resistance
- Diabetes and weight loss surgery

HISTORICAL HIGHLIGHTS

- Malaria and hemoglobin
- Patient “zero” or O and the HIV epidemic in the U.S.
- Cancer numbers

PEDIATRICS

- Salmonella and pet African dwarf frogs
- Just because someone doesn't love you the way you want them to, doesn't mean they don't love you with all they have
- Speaking of mental illness: Depression Affects the Stomach and Anxiety Affects the Skin in Young People

PHARMACOLOGY UPDATE

- Statins as over-the-counter drugs
- Kevin had shingles

GI UPDATE

- New GERD Procedure