

# Barb Bancroft eBlurb Index 2017

## Volume 5 2017

### Volume 5, Number 1

January 2017

#### MEDICAL MINUTIAE

- Medical interventions and cost.
- If all medical doctors were female.
- We can put a man on the moon, but...
- Speaking of NASA
- Wanna make your gas smell better?
- Resistant starch to the rescue!!
- A North Korean cure for erectile dysfunction is currently in the works.
- Since we're discussing below the belt.

#### NUMBERS

- The human brain and nervous system.
- The human heart and vascular system.
- What else?

#### PEDIATRICS

- A new look at the prevailing dogma on head injury evidence and shaken baby syndrome.
- Epicutaneous (skin) immunotherapy with a peanut patch to combat peanut allergies. Whaaaat?

#### GI GEMS

- ACUTE PANCREATITIS—pearls.

#### CANCER UPDATE

- Melanoma is more than 20 times more common in whites than in African Americans
- CT scans and cancer.
- It's ELEMENTAL my dear Watson.

Top 20 drugs of 2016 and a few tidbits about each drug that may surprise or at least enlighten and educate.

### Volume 5, Number 2 & 3

February/March 2017

#### MEDICAL MINUTIAE

- Does anyone question the recommendations of Dr. Oz?
- Two new diets you might want to try (or not).
- The monetary sum of your parts.
- Laugh a Lot, Live a Lot Longer...who knew?
- Trying to quit smoking?
- Toilet paper use.

## PHARMACOLOGY UPDATE

- Alterations in circadian rhythms are common with aging.
- Why should you give drugs at specific times of the day and night?

## GERIATRIC GEMS

- Senescence (the decline of structure and function of body organ systems)

## PEDIATRICS

- Should kids get “just a sip” of alcohol from Mom and Dad?
- TEN-4 rule for the evaluation of child physical abuse.
- Maternal Tdap (Tetanus, diphtheria, acellular pertussis) to protect infants from pertussis—timing is essential.

## GASTROINTESTINAL ISSUES—Quick Hits

- Colonoscopy withdrawal times should be 6 minutes, not 3 minutes.
- Timing is everything.
- *Clostridium difficile* (“C. diff”)

## FLYING IN THE FACE OF CONVENTIONAL WISDOM

- Two new studies that will blow your proverbial skirt right into the air.

## **Volume 5, Number 4**

**April 2017**

### MEDICAL MINUTIAE

- The Quick-Wee technique for obtaining a urine specimen from an infant. Fatal medical errors in the hospital
- VIVA Las VEGAS!
- Hey, calling all marathon runners!!
- Telling time.
- Only the nose knows.
- How often do adolescents and young adults think about sex?

### CARDIOVASCULAR UPDATE

- Can you teach old drugs new tricks?

### CANCER NEWS

- The breast microbiome and breast cancer.
- Colorectal cancer numbers.
- 35 years of American Death...what?
- The Ups and Downs of mortality rates in the U.S.

### FURTHER READING

- Elephant tranquilizers and heroin over doses
- NOTE to first responders
- Increased Risk for Chronic Opioid Use.

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

**May/June 2017**

### INFECTIOUS DISEASE PEARLS

- Charles Gerba, professor of microbiology and environmental sciences
- Pubic hair grooming, emergency room visits, and sexually transmitted infections.
- Sleep and acquiring the common cold.

## NEUROTRANSMITTERS AND NEUROLOGICAL DYSFUNCTION

- Acetylcholine

## PEDIATRICKS

- Yawning, young kids, and autistic kids.
- Another interesting application of the mirroring effect in children—important to know if you take care of kids.
- Celiac Disease Pearls

## PHARMACOLOGY UPDATE

- Statins and the “nocebo” effect.
- Statins and progression to Alzheimer’s disease.
- Which Doctors Are More Likely to Overuse Antibiotics?
- Q to NPs and Pas
- Don’t throw those unused EpiPens away as soon as they expire!
- Venoms used for medicinal purposes.

## MEDICAL MINUTIAE

- How to treat the Hiccups.
- Historical Highlight

## NUTRITIONAL NUGGETS

- Limiting Consumption of Free Sugars

## **Volume 5, Number 7 & 8**

**July/August 2017**

## MEDICAL MINUTIAE

- The longest-lived animals — oldest known age (in years), by species
- Who wants to be a kidney donor?
- Do you know a super-ager?
- SPEAKING of AGING...Do you want to look four years younger?
- When are babies born/conceived in the U.S.?

## PHARMACOLOGY PEARLS

- METFORMIN, THYROID HORMONE and FETAL ALCOHOL SYNDROME
- Just in the nick of time—maybe. A new antibiotic class that shows promise as possible gonorrhea treatment.
- New 8-Week Treatment Approved for All Hepatitis C Genotypes (GAME CHANGER)
- HCV notes
- The most effective methods of killing HCV
- IN THE LOO—the color and/or smell of your poo(p)

## ONCOLOGY UPDATE

- Should you choose alternative and complementary therapies as treatment regimens?

## DIABETES UPDATE

- How does Bariatric surgery (shortening the length of the intestine) get rid of type 2 diabetes? WHAAAAT?
- Clever weight loss tidbits (without gastric bypass!)
- The hypothesized autoimmune genes.

- Gender differences in weight loss

## **Volume 5, Number 9 & 10**

**September/October 2017**

### INFECTIOUS DISEASE

- Infant pertussis
- A quick primer on different flu strain names.
- How long does HCV (hepatitis C virus) live outside the body?

### OCOCLOGY UPDATE

- Venous thrombosis and cancer.
- Cancer and obesity.
- CAR-T therapy for Cancer — a game changer.
- Historical Highlight William Coley
- Historical Highlight Cures for Baldness

### GI GEMS

- The incidence of Ulcerative Colitis is rising.

### NUTRITIONAL NUGGETS

- Peanut butter an jelly
- How long do drugs stay in the body?
- Alcohol-based gels—60% alcohol, 120 proof!
- GGT elevations: the nemesis of the insurance world.
- Case Study

### MEDICAL MINUTIAE

- Falls
- Cursing frequently.
- Daddy's are getting older.
- Being tall and your risk for venous thrombosis (blood clots in your legs).

## **Volume 5, Number 11 & 12**

**November/December 2017**

### TREATMENT UPDATES

- MYALGIAS and the statin drugs—what to do.
- An old drug to treat an old miserable problem...and it WORKS!
- The New Shingles Vaccine has finally arrived!
- Costs and benefits of TRUVADA for HIV prevention.
- QUICK HITS of NEW PHARM POSSIBILITIES
  - Ecstasy for PTSD.
  - Vitamin B7—Biotin for progressive MS.
  - A drug for the treatment of lactose intolerance.

### MEDICAL MINUTIAE

- Black Friday for plumbers.
- Walk, bike or drive to work?

### GENDER DIFFERENCES

- Longevity
- Brain Size
- Cardiovascular Disease

- Alzheimer's disease
- Homicides and Unintentional Accidents. Really Gender Specific
- Cancer

#### INFECTIOUS DISEASE UPDATES

- Is There a Silver Lining to the Zika Virus Nightmare?
- Double duty for the meningitis B vaccine.
- TB update—a urine test for TB? New drugs for TB—finally?

#### PEDIATRICS

- High school football has taken a hit, no pun intended.
- Teenagers and vodka-soaked tampons.