

Biomedicine

Heart/ Circulatory:

Disease where your patient has chronic cold fingers and toes? Raynaud's disease. What anatomical structure is affected? Blood vessel constricts and reduces blood flow to the extremities. There are two types primary which is not autoimmune and secondary which is caused by an autoimmune disorder.

LDL, HDL. Which one is the good type? HDL – think High DL.
Which combo of the two is a risk factor for Coronary Heart disease? Low HDL and High LDL.

Your patient has an irregular heart beat called _____ an arrhythmia. And a traditional ECG or EKG doesn't provide enough details about the heart condition. The patient might be asked to wear this device for the next 24 hours to monitor the heart?
Holter monitor

Intermittent claudication is an issue with too much or too little blood flow in the arteries? Too little. **What is the main symptom?** Cramping or cramping during exercise

Lub dub sounds:

Lub sounds comes from: Tricuspid valve and mitral valve snap shut is the first heart S1 sound, (Pulmonic and aortic valve are opening)

Dub sound comes from: Pulmonic and Aortic valve snap shut. This is the second heart sound S2. Tricuspid and mitral valve are opening

Your patient has an irregular heart beat called _____ an arrhythmia. And a traditional ECG or EKG doesn't provide enough details about the heart condition. The patient might be asked to wear this device for the next 24 hours to monitor the heart?
Holter monitor

Atrial fibrillation (choatic electrical signals in the heart) effects the upper or lower heart chambers? Upper chambers

Ventricular fibrillation effects? Lower. 911

Chest pain worse with exertion and better with rest, can feel like pressure or tightness in the chest with nausea, sob, sweating and dizziness: Angina Pectoris

Chest pain that starts off as worse with exertion and better with rest but now occurs even at rest is called: Unstable Angina

Your patient has redness, warmth, pain and swelling on one limb only and the Homan's test is positive. What disease do they have? Deep Vein Thrombosis

PAD Stands for **peripheral atherosclerotic disease: symptoms include;** Intermittent claudication, pain, achiness, cramping all better with rest and worse going uphill, popliteal, post-tibial or dorsal pedis pulse may be absent, painful, cold and numb limbs, poor capillary refill, poor hair growth, dry, scaly skin on extremities, prone to leg, toe or heel ulcers

Orthostatic hypotension: **feeling faint or passing out when going from sitting to standing with other sx like dizziness, confusion, blurry vision, lightheadedness. All are better when lying down.**

Symptoms of rapid breathing, SOB, palpitations or rapid heartbeat, low blood pressure, loss of consciousness or lightheadedness, cold sweat? Cardiogenic hypotension or shock
Check to see if the px has a pacemaker. Treatment? Call 911 and remove all the needles.

know cause of hypertension. Primary or secondary? Secondary

Blood pressure reading: Heart and stroke associations of Canada

Low risk: 120/80

Medium risk: 121-134/80-84

High risk: 135 + / 85+

chest pain lasting longer than 30 minutes radiating down the left arm? Myocardial Infarction.

Headaches:

Sudden severe headache with neck stiffness and photophobia. Patient describes it as the worse headache of their life. Patient might pass out? subarachnoid haemorrhage

Worst headache of their life with stiff neck, vomiting, sudden high fever does not pass out with confusion, sleepiness or difficulty waking up, sensitivity to light? Bacterial meningitis

Seizures:

A seizure that occurs as a side effect to a medication is called? Provoked Seizures

Petit Mal seizure: blank out, staring

Tonic-Clonic (Grande Mal): might start with auras, de ja vu, dizziness, weird emotions.

Tonic: quick loss of consciousness with sudden tensing of muscles. Lasts a few seconds.

Clonic: alternating quick contraction and relaxation of muscles causing twitching to violent shaking. Eyes roll back in the head and tongue could be damaged, possible incontinence. Postictal sleep follows seizure and person has confusion or memory loss upon regaining consciousness which wears off.

TX: if LOC more than 5 min, or repeat seizures, call 911. Don't place anything in the mouth.

Strokes:

Disease characterized by slurred speech, vision trouble, dizziness, balance or coordination issues, numbness of the face arm or leg usually on one side of the body with worst case scenario fainting or seizures? Stroke. What do you do? Call 911

Stroke (CVA): Cerebrovascular attack which permanently damages the brain tissue due to ischemia (lack of oxygen leading to the death of tissue) in excess of four minutes.

Most common vessel involved is middle cerebral artery.

Stroke:

Wet type: aneurism, trauma, vascular malformation wet = keep bp low

Dry type: blood clot, thrombosis or embolus . dry = Coumadin, aspirin

A ministroke characterized by sensation of weakness or numbness on the face or on one side of the body confusion, slurred speech or garbled speech, memory loss, (difficulty swallowing) dysphagia, balance issues and vertigo and or dizziness, vision loss or double vision? TIA

Bell's Palsy vs. Stroke: Which one can't you wrinkle your forehead? Bell's Palsy. Stroke is movement.

GI DX:

Abdominal pain, severe pain that radiates to the low back and or lower abdomen. Pain is worse when lying down and feels better when the body is bent forward. Can also have

nausea, vomiting, bloating and fever. Pain is episodic. Is this cholecystitis or pancreatitis? Pancreatitis Refer? PCP in the next weeks

What disease is characterized by pain in the right hypochondriac region that may radiate to the right scapula with nausea, vomiting, sweating and possible epigastric pain?

Cholecystitis

Frequent bloody diarrhea with abdominal and rectal pain, fever, nausea and vomiting. Usually occurs due to eating infected food? Bacterial dysentery

A type of inflammatory bowel disease characterized by severe chronic diarrhea, crampy abdominal pain, fever, no appetite with weight loss. Tender abdomen, a palpable mass or fullness. Rectal bleeding is unusual? Chron's disease

Upper abdominal pain that is dull but persistent, bloating after eating, nausea, belching, weight loss, low appetite or feeling full quickly after starting to eat. Patient drinks lots of coffee through the day and drinks wine every night. Chronic gastritis. What's inflamed? Stomach lining. Causes? Alcohol consumption, coffee, spicy food, stress, and H. Pylori. What's the treatment? Proton-pump inhibitors, zantac, h2 antagonists, tums, alka seltzer

Stomach ulcers most often due to? H. Pylori. What does the H stand for? Helicobacter.

What quadrant is Diverticulitis or diverticulosis? LLQ

Crampy ab pain that comes and goes, loss of appetite, constipation, vomiting, swelling of the abdomen, inability to pass gas, look for possible surgery? bowel obstruction Refer? To ER have someone drive her

Respiratory

What disease is characterized with sx of productive cough with white, yellow or green mucus, SOB, wheezing, a prolonged expiratory phase of breathing, lung hyperinflation manifested as decreased heart and lung sounds, frequent lung infections, low energy and weight loss and barrel chest at the end of the disease? COPD Patient with COPD has barreled chest, clubbing of the fingers. What is the primary underlying pathology for Blue Bloaters? Chronic Bronchitis

This disease is characterized by irreversible changes to the alveoli which are no enlarged and destruction to the alveolar walls. Emphysema What are they referred to as? Pink puffer

Finger Clubbing:

Causes: lung cancer, celiac, cirrhosis, grave's cystic fibrosis

What is the definition of Chronic Bronchitis? productive cough for at least 3 months for more than 2 consecutive years

What disease is characterized by slow disease progression, cough with green or yellow sputum especially upon waking, eventual there can be blood streaked sputum, sweat, night sweats with or without fever? TB Who do you report it to? Public Health department (tb is contagious)

Your patient has COPD, during the exam, the doctor wants to check the oxygen levels in their blood. He pulls out a device called _____ and clips it to the patients finger. What is the device? Pulse oximeter

Severe SOB, wheezing, tightness in the chest, not enough air to walk or talk, blue lips, fingers due to low oxygen + confusion? Asthma What do you do if your patient has an asthma attack with no inhaler? Refer to ER; make sure she has a ride to the ER. Should not drive themselves.

Cause of Asthma? Environmental triggers

Asthma meds? Short acting or long acting bronchodilators, like Albuterol

long term prevention of inflammation due to asthma? Nonsteroidal (NSAIDs?) or corticosteroids

Advair is example of this type of asthma med? Corticosteroids + bronchodilator

CPR for adult? 30 compressions /2 breaths **for kid?** Same **for baby?** Same **two people:** 15/2

Cancer

Difficulty swallowing with pain in the epigastrium and behind the sternum with weight loss and low energy is usually due to? Esophageal cancer

Bone pain with swelling, redness loss of function with weight loss. X rays might reveal lace-like bones? Osteosarcoma (aka: osteogenic sarcoma)

A rough, scaly patch on the skin that develops after years of sun exposure and is often found on the face is called? actinic keratosis

Patient has a mole on the face which is asymmetrical, with border irregularity, color varies from one area to another, diameter is over 6mm (pencil eraser), there has been significant change over the last few months? Malignant melanoma **Remember the ABCDE of cancer.**

Asymmetry, border irregularities, color changes, diameter and evolving. **Referral?** MD referral within 1 month.

Most common skin cancer is? Basal Cell Carcinoma

If I have a blistering skin sore is it basal, squamous or malignant melanoma? Squamous

Which one is more common above the nose? Basal because more sun exposure.

Breast swelling, skin dimpling (pau d'orange), breast or nipple pain, nipple retraction, nipple or skin that is flaking or red or dry or thickening, swollen lymph nodes? Breast cancer. **Lumps in the breast that are painless are sx of early-stage breast cancer.**

Shortness of breath, difficulty breathing, coughing up blood with weight loss? Lung cancer. pulmonary cancer.

Rectal bleeding, hemorrhoids, nausea vomiting and weight loss? Colon/rectal cancer

Hard lump on the testicle with weight loss? Testicular cancer. **Referral?** PCP next few days-weeks

Most common type of cancer for men? Prostate

Most common type of cancer for women? Breast

Most common type of cancer for both sexes combined? lung

Infectious diseases:

Swollen parotid glands with high fever, headache, muscle aches, weakness, fatigue and loss of appetite, and pain when chewing or swallowing is a sign of which Western Disease? Mumps.

What is the other name for Mumps? Epidemic parotitis

What is the co-condition of concern in boys? Orchitis

Is this condition viral or bacterial? Viral

What medication? No meds viral antibiotics won't work only vaccine

Which childhood disease has fever, tiredness, loss of appetite, headache and rash that turns into itchy fluid filled blisters that turn into scabs? Chickenpox

Starts off with chills, fever, sore throat and mild cough and then turns into severe cough that is loud with a big gasping sound between coughs? Whooping cough

This disease starts off abruptly with a septicemic phase with headache, severe muscular aches, chills, fever, cough, pharyngitis, chest pain, and, in some patients, hemoptysis. Conjunctival suffusion usually appears on the 3rd or 4th day. Splenomegaly and hepatomegaly are uncommon. This phase lasts 4 to 9 days, with recurrent chills and fever that often spikes to > 39° C. The 2nd immune phase has the same sx as the first but now can develop meningitis or pulmonary hemorrhaging, liver or kidney damage. It is spread to humans from domestic and wild animals or from contaminated water. Usually this occurs in late summer or early fall? Leptospirosis Tx: antibiotics / penicillin

Fever, chills, cough and muscle aches untreated it can cause liver fibrosis or bladder cancer. Disease is transmitted via freshwater snails that carry this parasite.

Schistosomiasis:

Nuerodegenerative:

What progressive chronic disease has relapsing and remitting symptoms of paresthesia in one or more extremities in the trunk or side of the face with visual disturbances like partial loss of vision or pain in one eye, weakness or clumsiness of a leg or hand, pain, urinary incontinence (frequency, urgency, hesitancy or incontinence or retention). Apathy, poor judgement depression? Multiple Sclerosis

What is seen on MRI's lesions on the CNS (spinal cord or medulla)

What disease is characterized by rigidity or trembling of the head and extremities, shuffling gait, balance issues, stuttering, sleep problems, trouble thinking, muscle stiffness: Parkinson's

Vitamins:

Vitamin K Smpoms? Blood clotting problems

Retinol: which vitamin? A What deficiency symptoms? Night blindness, What excess symptoms? Hepatotoxicity

Calciferol: which vitamin? D What source? Sunshine What deficiency symptoms? Rickets, osteomalacia, muscle weakness and aches, bone pain

Tocopherol: which vitamin? Vit E What deficiency symptoms? skin

Thiamine: which vitamin? B1 What deficiency symptoms? Beriberi

Riboflavin: which vitamin? B2 What deficiency symptoms? Lesions at corners of the mouth. Also called? Stomatitis

Niacin: which vitamin? B3 What deficiency symptoms? 4 D's dermatitis, diarrhea, dementia, death

Folic Acid: which vitamin? B9 What deficiency symptoms? Anemia, neural tube defects

Cobalamin: which vitamin? B12 What deficiency symptoms? Pernicious anemia

Absorbic Acid: which vitamin? C What deficiency symptoms? Scurvy, slow healing sores

Biotin: which vitamin? H What deficiency symptoms? Skin problems and loss of hair.

Which vitamins are fat soluble? ADEK

Which vitamins are water soluble? B's C H

Cranial Nerves:

Hearing and balance issues are generally a sign of injury or weakness of which cranial nerve? VIII (8) / vestibulocochlear nerve

Which cranial nerve enables muscle movement for swallowing and provides sensation such as taste touch and temperature? Glossopharyngeal IX is it a sensory or motor nerve? both

Which cranial nerve controls facial expressions taste sensations in the anterior 2/3 of the tongue? Facial VII

Hepatology:

Sudden rapid, intense pain that comes on in waves and is localized over the right abdomen, pain that is centered in the abdomen or pain below the breast bone or between the shoulder blades or over the right shoulder. Pain can last several minutes to several hours with fever, vomiting and possible jaundice is due to: gb stones what area of the body is blocked? Bile duct

Swollen abdomen like a drum, edema, brown urine, yellow sclera and skin, fatigue, easy bruising or bleeding, nausea, vomiting, weight loss, feet and ankle and leg edema, itchy skin? Liver cirrhosis

Skeletal:

Arthritis that affects large weight bearing joints, with stiffness after activity? Osteoarthritis

Arthritis that affects small joints, pain after rest? Rheumatoid Arthritis

Which one is auto-immune? Rheumatoid Arthritis.

Which one is asymmetrical? Osteo arthritis

What body area for gout? Big toe – can be red swollen painful inflamed – look for high consumption of alcohol and meat.

What shows up on the labs? High uric acid

Pain is worse at what time of the day? Worse at night

What drug for gout? Allopurinol

This disease is characterized by one vertebra that slips over the vertebra below it. In the late stages it can cause neuropathy and pain when it pinches the nerve? Spondylolisthesis

Jaw pain with fever, worse after chewing, tenderness at the scalp or temples with vision problems is due to: temporal arthritis

Jaw pain on one or both sides, aching around or in the ear, difficult chewing or pain while chewing, aching facial pain, locking of the jaw joint so it's difficult to open or close the mouth? TMJ

Orthopedics:

What test do you use for problems with the medial/lateral meniscus: McMurray's test

You patient sustained severe knee trauma two weeks ago. Now, Patient complains of elbow pain worse when moving the joint with redness, swelling and warmth around the joint. Pain worse with weight. What's the disease? Septic arthritis. Arthritis that is caused by germs that travel in the blood stream possibly from another part of the body. It is caused by animal bit or trauma. **What points would you use?** Refer to ER.

Brain:

What area of the brain is stimulated with acupuncture? Spinal cord, brain stem, thalamus, limbic system, pre-frontal cortex.

What brain region processes emotions, regulates autonomic motor functions, and behavior? Cingulate Gyrus.

Loss of consciousness followed by spontaneous revival with cool extremities, weak pulse, and shallow breathing is: syncope

Light headedness or dizziness, and a sensation of impending fainting without losing consciousness, cold sweat? Near syncope or impending syncope. **What do you do?** 1. Remove all needles. 2. Have the patient lie down with legs elevated. 3. Give them some sweet water to drink.

What point do you use if they pass out? Du26

What do you do if you can revive them? Call 911

Renal:

anorexia, n and v, weight loss, stomatitis, yellow brown skin, itching, inconsistent urine output, shortness of breath, fatigue, blood in the urine, increased night time urine, insomnia, swollen ankles, feet or hands (edema), Muscle twitching, muscle cramps: chronic renal failure/ chronic kidney dx. **What tests?** Elevated Blood Urea Nitrogen (BUN), raised creatinine level, check ultrasound for enlarged kd **Treatment?** Ace inhibitors, betablockers (hypertension goes along with this one), diuretics, low salt and protein diet, dialysis

Auto-immune:

An autoimmune disorder where the body attacks the thyroid cells as if they were a bacteria, virus or foreign body? Hashimoto's thyroiditis.

This rare autoimmune disorder is a type of rheumatic disorder characterized by scarring in the skin, joints and internal organs, blood vessel abnormalities with symptoms like swelling of the fingers intermittent coolness and blue discoloration of the fingers, joints freezing in permanent (usually flexed) positions (contractures), and damage to the gastrointestinal system, lungs, heart, or kidneys may develop? Scleroderma

Which autoimmune disorder starts off with a rash, headache, chills and fever and progresses to arthritis, cardiac and neurological issues? Lyme's **What is the cause of Lyme's?** tic bite

Which disease is called the kissing disease and has symptoms like severe fatigue, sore throat, fever, swollen lymph nodes in the neck and armpits, swollen tonsils, headaches and rash. It causes the spleen to soften and swell? Mononeucleosis. **Which virus causes the disease?** Epstein Barr virus. EBV is linked to autoimmune disorders

Which autoimmune disease has the symptoms of goiter or nodule, exophthalmos (eye bulging) along with symptoms of nervousness, palpitations, hyperactivity, increased sweating, fatigue, weight loss, insomnia, weakness and frequent bm? Grave's disease
What is Exophthalmos? Eye protrusions

Which autoimmune disease manifests with sensory issues like numbness or motor issues as the disease progresses, vision problems, stiff muscles and weakness, mobility problems, pain problems with thinking, learning or planning, depression and anxiety?
Multiple sclerosis **Referral?** PCP on a timely basis. Like cancer it's slow progressing. Within a few weeks to 60 days is okay.

Difficulty with eye muscles and vision, difficulty swallowing, speaking or chewing, pricking or pins and needles sensation in the hands and feet, severe pain or muscle cramping especially at night, coordination problems, abnormal heart beat, rate or blood pressure? Guillian Barre **Referral?** Refer to ER have someone drive them

Joint pain, swelling, stiffness, swollen salivary glands, skin rashes or dry skin, inability to produce tears, vaginal dryness, persistent dry cough with prolonged fatigue? Sjogren's.
Effects middle aged woman

What autoimmune disease is characterized by widespread pain for more than 3 months with fatigue and sleep issues? Fibromyalgia

What disease causes chronic inflammation of the proximal portion of the small intestine in response to exposure to dietary gluten protein? Celiac

This disease females more than males. African americans most but also native americans, Asians then Caucasians with s/s of symmetrical arthralgia, swollen joints, butterfly rash and raynaud's (cold hands and feet in the sock and glove pattern)? Lupus

Inflammation of the body's tissue such as joints and heart, chest pain, abnormal heartbeat, feeling tired all the time, fever over 38C, flat red rash with jagged edges, unexplained ongoing headaches, jerky movements, muscle pain, swollen red tonsils?
Rheumatic fever **complication of?** Scarlet fever or strep throat. **What heart valve is affected?** Bicuspid/mitral

Blood:

This disease might manifest as slight rapid and deep breathing with a dull pale complexion and fatigue, irregular heartbeat, dizziness and lightheadedness, chest pain and cold hands and feet? Anemia

What is the most likely cause of Microcytic anemia? Iron deficiency. Most common type of anemia.

Which type of anemia is due to bone marrow damage which prevents the body from producing new blood cells with symptoms like fatigue, uncontrolled bleeding and more prone to infections? Aplastic anemia

which anemia due to genetic issue? Sickle cell **which one due to inability to absorb B12?** Pernicious Anemia **Alcoholic anemia is due to ?** Folate or B12 deficiency

Hereditary blood disease is an over absorption of iron from the minerals and foods ingested causing the body to store iron in other organs such as the heart, liver and pancreas symptoms of bronze colored skin, heart failure, joint pain, infertility, chronic fatigue, underactive thyroid. It may cause cancer. Hemochromatosis

Hyperglycemia where there is a decreased level of consciousness, confusion, hallucinations, excessive thirst, dry mucus membranes, warm dry skin and fever and high blood sugar? Non-ketonic hyperglycemic hyperosmolar coma (aka" diabetic coma)

This is the breakdown of red blood cells faster than bone marrow can produce them? Hemolysis

Leukocytes (= white blood cells) = this is our immunity

Which one is for Allergic Reactions and histamine reactions contains histamine and heparin? Basophils

Which one is for parasites infections? Eosinophils

Which one is for bacterial infections and fungal infections, not viral ? Neutrophils

Which one is viral infections, and inflammations? Lymphocytes

Which one is for chronic infections? Monocytes

Which do we have most of in body? Neutrophils 60-70%

Big Apple: Basophils = Allergic Reaction

Every person: Eosinophils = Parasitic infection (cancer cells) and participate in allergic reaction

No Body: Neutrophils= bacterial and fungal, not viral

Lo Ve: Lymphocytes = viral infections

My City: Monocytes = chronic infection/ bacteria

OB-GYBN / Male

Breast swelling during ovulation, breast lumps that come and go with the monthly cycle, pain tenderness, a thickening of the breast tissue? Fibrocystic breasts

A red swollen breast that is tender to touch with a possible mass in a lactating woman is usually due to? Mastitis

Amenorrhea, infertility and hirsutism and high blood pressure. What is the most likely diagnosis? PCOS

Missed period for more than 3 weeks with history of PID and lower ab pain or sharp sudden pelvic or low back pain. Pain refer to shoulder girdle. Rebound tenderness? Ectopic pregnancy

This disease effects mostly 30-40 year old women, worse pre-menstrually, can cause infertility? Endometriosis

Swollen vagina with redness, itching pain during intercourse and a foul smelling discharge? Vulvovaginitis

What is another name for pain during intercourse? dyspareunia

Lower abdominal or pelvic pain with fever, difficult urination, foul smelling discharge and pain during intercourse are all symptoms of? Salpingitis - inflammation of the fallopian tube **What is the most common cause?** bacterial infection caused by gonorrhoea and chlamydia

Heavy menstrual bleeding with longer periods lasting more than 1-week, frequent urination, difficulty emptying the bladder, constipation, backache and leg pain are due to? Uterine fibroids. Also called Leiomyoma.

A couple that has never been able to conceive a pregnancy after a minimum of 1 year of attempting to do so through unprotected intercourse. Is that primary or secondary infertility? Primary. Secondary is: the inability to conceive a child or carry a pregnancy to full term after previously giving birth.

A patient with placenta previa would have the placenta attached to the upper or lower part of the uterus? Lower

Amenorrhea is defined as a lack of periods for how many consecutive months? 3

Vaginal bleeding during which trimester of pregnancy could be considered normal? First trimester

What disease occurs generally after 20 weeks of gestation with new onset or worsening existing hypertension with proteinuria. Patients might experience blurred vision, water swelling in the hands and feet with high blood pressure. There can be confusion, nausea and vomiting and shortness of breath. The two main ways to check for preclampsia are

swelling of the hands (ring that no longer fits) or swelling in the face and hyperflexia such as twitching, spastic tendencies (overactive or overresponsive bodily reflexes).

Preclampsia.

Referral? Immediate MD referral this patient can have organ damage if left untreated or a stroke (rare).

Frequent urination with weak stream urine, dribbling urine, scanty or low urine output or urinary retention in men are all symptoms of? BPH Benign prostate hyperplasia

Middle aged men with depression, mood swings, loss of muscle mass and low sex drive are all sx of? Andropause

Urinary:

TCM Stranguria is what disease in WM? UTI

Skin:

One sided rash that starts with tingling and goes to burning pain. Eventually blisters will form that ooze and then crust over? Herpes zoster. **TCM Pattern?** Toxic Damp Heat or Damp Heat in the LV and GB. **What do you do?** Same day referral to MD.

Herpes Zoster goes through three stages: initial skin sensations, painful blistering and oozing rash breakout, scabbing and healing. Which stage is it most contagious? Blistering and oozing stage

A patient with red itchy skin rash on their neck says it's worse when they wear certain jewelry most likely has? Contact dermatitis

A itchy red rash in the groin area often seen in young athletes is called? Jock itch or Tinea cruris. **What is the name for the UV light used by a doctor to make a diagnosis and differentiate between other types of Tinea?** Wood's lamp

This rare skin disease effects women between the age of 30 and 50, symptoms include tightening of the skin, along with joint pain, raynaud's disease and heartburn. Lung, heart and kidney involvement accounts for most deaths? Scleroderma

Neuropsych:

What is Celexa, Zoloft, Paxil used for? Depression it is an SSRI

Anti-psychotic medications block which neurotransmitter in the brain? Dopamine

Anti-depressant medications block which neurotransmitter in the brain? Serotonine

Which disease is a mental health condition that's triggered by a terrifying event — either experiencing it or witnessing it. Symptoms may include flashbacks, nightmares and severe anxiety, as well as uncontrollable thoughts about the event? PTSD

Which disease is a impaired ability to remember, think, or make decisions that interferes with doing everyday activities? Dementia/alzheimer's

A patient who is losing weight steadily and keeps reducing the amount of food consuming. Anorexia nervosa What if they are forced vomiting? Bulimia Referral? PCP or counselor

Endocrine:

A puffy face, coarse dry hair, feels cold easily, fatigue, weight gain, depression, slow movements or slow thoughts, muscles cramps loss of the lateral 1/3 of the eyebrow are all symptoms of too much or too little thyroid hormones? Too little hypothyroidism Refer? PCP needs to know about this dx in the next few days

High levels of T4 with nervousness, anxiety, mood swings, hyperactivity, muscle weakness, diarrhea, difficulty sleeping? Hyperthyroidism Refer? PCP needs to know about this dx in the next few days

Too much cortisol: Cushing's. Too little cortisol: Addison's

**This hormone increases water reabsorption? ADH
decreases blood calcium? Calcitonin
increases blood calcium? Parathyroid hormone
Increase blood glucose levels? glucagon
decrease blood glucose levels? Insulin**

increase urine, increase, thirst, increase appetite. What disease? Diabetes What complications? Blindness, glaucoma, cataracts, neuropathy

Rheumatology:

Swelling of the lymph nodes in the jaw, armpits or groin with possible red streaks around the swellings with feeling unwell: **Lymphangitis**

Vision:

Headache eye pain, blurry or haloed vision with nausea and vomiting? Closed angle glaucoma. Referral? PCP on semi-urgent same day. Not treated can lead to total loss of vision.

Throat:

CCS Sore Swollen throat: sore throat, drooling is common, shortness of breath, high fever, inspiration stridor (harsh vibrating noise when breathing) cause child to sit upright lean forward with hyperextended neck? Acute epiglottitis **Referral?** ER can lead to respiratory obstruction and death.

Biomedical terms:

slow body movement: bradykinesia

slow breathing: bradypnea

slow heartbeat: bradycardia

telangiectasia: cluster of dilated, superficial blood vessels

stenosis: narrowing or constricting of an opening

stridor: high pitched sound caused by blockage of the airway (acute epiglottitis)

rales: an abnormal rattling sound heard when examining unhealthy lungs with a stethoscope.

A large blister on the skin filled with clear fluids? Bullae

When its filled with blood it's called a? Hemorrhagic bullae

Abnormal red discharge that occurs for more than 20 days post-birth? Lochiorrhea

Imaging tests:

Gold standard for soft tissue and bones? MRI

Organ Puncture:

Abdominal pain, rigidity of the abdominal muscles and/or rebound tenderness with pain upon pressure. What organ puncture? Liver or spleen

Pain in the lumbar region with tenderness and pain upon percussion with bloody urine?

Kidney

Convulsions, paralysis, coma: brain and spinal cord

Severe dyspnea, pallor, cyanosis, coma? Lung **What point has the greatest risk?** GB21

In case of organ puncture what do you do? Call 911

Pharmaceuticals:

Hypertension meds: ABCD's: ace inhibitors, beta blockers, and calcium channel blockers, diuretics Inderal, Norvasc, Lasix (**Lasix side effect is** unusual tiredness,

weakness, dizziness, irregular heartbeat, weak pulse, orthostatic hypotension, tinnitus, hearing loss)

Thrombosis meds: Anticoagulants / Warfarin, Coumadin, Heparin / Dang Gui (invigorate blood)

Hyperlipidemia: Lipitor what is the side effect? Muscle pain for no reason / no grapefruit

Depression: SSRI's, MAO Inhibitors **Effexor, Celexa** Prozac Zoloft and Paxil

NSAIDS precautions: upper gi disorders. Renal or hepatic impairment

Zanax and Valium, Ativan are for: Anxiety **and psychosis?** NO

Diabetes Meds: Glucophage / Metformin

Seasonal Allergies: antihistamine: Benadryl, Zyrtec, Claritin

Bacterial Infection: Antibiotics; Cipro, Zithromax

Inflammation: NSAIDS Advil, Ibuprofen

Corticosteroids: Inflammation, Prednisone; reduce inflammation especially in the airway and work on the smooth muscles in the lungs by increasing their responsiveness.

Stools:

black tarry non-stinky stools? Upper GI bleeding

Blood red? Colon/rectal tumor or colon, diverticulitis, hemorrhoids

Pale? Pancreatic disease

Slivery? Pancreatic cancer

Pencil thin, ribbon-like stools? Distal colon, anal cancer