

Index

- abdominal pain 33–52
 acute 33–45
 types and mechanisms 34
 chronic 45–52
see also specific disorders
- abscess
 lung 204–205
 parapharyngeal/retropharyngeal 220
- acarbose 373
- achalasia 62–63
- Achilles tendonitis 347
- acidosis 582
- acne vulgaris 489–490
- acrodermatitis continua
 of Hallopeau 487
- acromegaly 370
- actinic dermatitis 505
- actinomycosis 440
- acute coronary syndrome (ACS) 126
see also chest pain
- acute inflammatory demyelinating
 polyradiculoneuropathy
 (AIDP) 282–283
- acute interstitial nephritis 98–99
- acute kidney failure 94–100
 acute interstitial nephritis
 98–99
 acute tubular necrosis (ATN)
 95–97
 causes 96
 diagnosis 96
 hemolytic-uremic syndrome
 (HUS) 99
 obstructive nephropathy 99–100
 rhabdomyolysis 97
 systemic vasculitis 97–98
- acute lipodermatosclerosis 491
- acute myocardial infarction 118
see also ischemic heart disease
 (IHD)
- acute respiratory distress syndrome
 (ARDS) 589–591
 causes 589
 diagnostic criteria 589
 management 590–591
- acute tubular necrosis (ATN) 95–97
- Addison's disease 359–361, 507
 investigations 360–361
 management 361
 pathology 359–360
- adenocarcinoma *see cancer*
- African sleeping sickness 461
- age-related macular degeneration
 307–308
- agitation, poisoning and 383
- agoraphobia 234–235
- AIDS 417
see also HIV infection
- akinetic rigid syndromes 289–292
 Parkinsonian syndromes
 291–292
 Parkinson's disease (PD) 289–291
- alanine aminotransferase (ALT) 66
- albumin 67
 ascitic albumin concentration 80
- alcohol consumption 28–29
 binge-drinking 28
 chronic drinking 28
 dementia and 571
 poisoning 399
 prevention of problems drinking
 28–29
 road accidents and 29
 sensible drinking guidelines 28
 treatment of problem drinking 29
 units of alcohol 28
- alkaline phosphatase (ALP) 66–67
- allergic bronchopulmonary
 aspergillosis (ABPA) 181
- allergic granulomatosis 181
- alopecia
 androgenetic 510
 areata (AA) 509–510
 scarring 507–508
- alpha-1 antitrypsin deficiency 5
- Alport's syndrome 93
- Alzheimer's disease 567–569
- amaurosis fugax 305
- amoebiasis 38, 459–460
- amyloidosis 89–90
- amyotrophic lateral sclerosis
 (ALS) 278
- anagen effluvium 509
- androgen deficiency 366–368
 causes 367
 clinical features 367
 investigations 368
 management 368
 pathology 367–368
- anemia 536–546
 anemia of chronic disease 541
 aplastic anemia 555
 causes 537, 539
 clinical features 536–537
 confusion and 572
 hemolytic anemia 542
 investigations 537, 539
 iron deficiency 537–540
 macrocytic anemia 540
 methemoglobinemia 544–545
 microangiopathic hemolytic anemia
 (MAHA) 545
 pure red cell aplasia 541–542
 sickle cell disease 543–544
 sideroblastic anemia 541
 spherocytosis 544
 thalassemia 542–543
 vitamin B12 deficiency 540–541
- aneuploidy 2–3, 13
- Angelman syndrome 4
- angina 118
 management 121–123, 125, 127
see also chest pain
- angioedema 478
- ankle pain 347
- ankle swelling 170–172

- causes 170
 deep vein thrombosis (DVT) 170–172
- ankylosing spondylitis 342–343
 investigations 343
- anogenital warts 407–409
- anorexia, dying patients 606–608
- anterior ischemic optic neuropathy (AION) 304–305
- anterior scleritis 301
- anthrax 465–466
- anti-arrhythmic drugs 134
- anti-epileptic drugs (AEDs) 261–262
- anti-inflammatory drugs 182–184
- anticipation 13
- anticoagulation therapy 172
- antidepressant overdose 391–392, 392–393
- antimicrobial treatment
 urgency 434–435
- antipsychotic drugs 252–253
- anxiety 188–189, 227
 mixed anxiety and depressive disorder 239–240
 physical activity and 26
- anxiety and stress-related disorders 230–238
 age of onset 231
 demography 230
 generalized anxiety disorder 231–233
 obsessive-compulsive disorder 237–238
 panic disorder 235–236
 phobic anxiety disorders 233–235
 post-traumatic stress disorder 236–237
- aortic dissection 5, 127–129
 investigations 128–129
- aortic regurgitation 151–152
 chronic 152–153
 etiology 151
 investigations 152
 management 152–153
- aortic stenosis 5, 150–151
 investigations 151
 management 151
- appendicitis, acute 39–40
- appetite loss, dying patients 606–608
- arrhythmias *see* palpitations; tachyarrhythmias
- arteriovenous malformations (AVMs) 271
- arthritis
 diagnosis 314
 osteoarthritis (OA) 327–329
 psoriatic 326–327
 reactive 318–320
 rheumatoid (RA) 322–325
 septic 317–318
see also joint pain
- ascites 79–81
 causes 79, 80
 investigations 79–80
 management 80–81
- ascitic protein and albumin concentration 80
- ascitic white blood cell count 80
- aspartate aminotransferase (AST) 66
- aspergillosis 455
- asplenia 433–434
- asthma 177–184
 clinical features 178–179
 epidemiology 177
 investigations 179–181
 management 181–184
 acute exacerbations 183, 184
 mechanisms 177–178
- ataxia 293–294
 cerebellar dysfunction 293–294
 sensory ataxia 294
- atherosclerotic plaque 122
- atopic eczema 494–498
- atrial fibrillation (AF) 137–139
 clinical features 137
 etiology 137
 investigations 138
 management 138–139, 141, 149
- atrial flutter 139
- atrial or ventricular ectopy 134
- atrial septal defect 5
- atrial tachycardia 139–140
- atrioventricular (AV) block 167–169
 causes 168
- atrioventricular nodal reciprocating tachycardia (AVNRT) 135–136
- atrioventricular reciprocating tachycardia (AVRT) 136
- auto-immune disorders 525
- autoimmune hepatitis (AIH) 75–76
- autosomal 13
- autosomal dominant conditions 12
- autosomal dominant polycystic kidney disease (ADPKD) 5–6, 91–92
 diagnostic criteria 5
- autosomal recessive conditions 12
- autosomal recessive polycystic kidney disease 6
- Bacillus anthracis* 465–466
- back pain *see* spinal pain
- bacterial infections 435–449, 462–466
 anaerobic bacteria 444–445
 gastrointestinal 35–37
 small bowel bacterial overgrowth 54
 gram-negative bacilli 442–444
 gram-negative cocci 440–442
 gram-positive bacilli 440
 gram-positive cocci 436–440
 infective endocarditis 160
 mycobacteria 445–447
 rashes 481
 salivary glands 222
 spinal 344
 spirochaetes 447–448
see also infection, *specific infections*
- bacterial vaginosis (BV) 404–406
- Bartonella henselae* (cat scratch disease) 448–449
- Bartter's syndrome 115
- basal cell carcinoma (BCC) 519
- Beau's line 514
- Becker muscular dystrophy 6, 287–288
- Becker's nevus 507
- Beck's depression scale 389
- behavior change 20
- Behçet's syndrome 337–338
- Bell's palsy 214
- benign prostatic hypertrophy (BPH) 102
- benign paroxysmal positional vertigo (BPPV) 213–214
- benzodiazepines 393–394
- bereavement 613–615
- Bernard Soulier disease 557
- beta-agonists 182

Index

- bi-fascicular block 166–167
- bile salt malabsorption 55
- bilirubin 64–65, 67
see also jaundice
- binge-drinking 28
- bipolar affective disorder 245–247
clinical features 245–246
etiology and pathogenesis 246–247
management 247
- blackouts 163–170
- bladder
carcinoma 101–102
overactive 102–103
- blastomycosis 469
- bleeding 557–560
- blepharitis 303
- blisters 491
- body mass index (BMI) 21, 349, 350
- body weight *see* weight gain, weight loss, weight management
- bone disease biochemistry 348
- bone marrow aplasia 555
- bone mineral density (BMD)
340, 341
improvement 342
- Bordetella pertussis* 443
- Borrelia*
B. burgdorferi (Lyme disease)
447–448
relapsing fever 464
- botulism 273, 287, 444
- bowel cancer 10–11
- Bowen's disease 518
- brachial amyotrophy 281
- bradyarrhythmias 164–169
conduction blocks 165–169
sinus bradycardia 164
sinus node dysfunction 165
- branch retinal vein occlusion (BRVO) 304
- branchial cyst 224
- breast cancer 10
- breastfeeding 25
- breathlessness *see* shortness of breath
- bronchiectasis 204–206
causes 204
investigations 205
management 205–206
- bronchodilators 182
- Brown-Séquard syndrome 279–280
- brucellosis 463–464
- bruising, easy 500
- bulbar palsy 278
- bullous pemphigoid 491
- Burkitt-like lymphoma 527–528
- café-au-lait macules 507
- calcium pyrophosphate dehydrate (CPPD) crystals 316–317
- calculi
gallstones 39
renal 106–107
salivary glands 222
- caliciviruses 35
- Campbell de Morgan spots 517
- Campylobacter jejuni* 443
- Campylobacter* 37
- cancer 9
basal cell carcinoma (BCC) 519
bladder carcinoma 101
colorectal cancer 57–59
esophageal cancer 63
fatigue 607
gastric cancer 51–52
laryngeal carcinoma 221–222
lung carcinoma 201–203
pain in 602
palliative care 597–600
pathology 598–600
performance status 600
prostatic carcinoma 102–103, 603
renal cancer 105–106
site of 597–598
squamous cell carcinoma (SCC)
519
staging 597, 599
- Candida* 455
oral 423
skin infection 483
vaginal 406–407
- cannabis 393
- carbon monoxide poisoning
397–399
clinical features 397
investigations 398
management 398–399
- carcinoma *see* cancer
- cardiac murmur 150
- cardiac output 579
- cardiac rehabilitation 125
- cardiac resynchronization therapy (CRT) 147
- cardiac tamponade 161–162
- cardiogenic shock 582
- cardiomyopathy
classification 144
hypertrophic (HCM) 148–149
restrictive (RCM) 144–145
- cardiovascular diseases
ankle swelling 170–172
cardiovascular syphilis 412
chest pain 118–130
diabetes and 375
dizziness and blackouts 163–170
genetic basis 4–5
leg pain 172–173
palpitations 130–142
physical activity and 26
shortness of breath 142–163
- carotid sinus hypersensitivity 169, 170
- carotid sinus syndrome (CSS) 563
- carpal tunnel syndrome 285
- cat scratch disease 448–449
- cataract 307
- cavernous hemangiomas 517
- celiac disease 53–54
- cellulitis 481
- central nervous system disorders 6–7
- central retinal artery occlusion (CRAO) 303–304
- central retinal vein occlusion (CRVO) 304
- cerebellar dysfunction 293–294
- cerebrovascular disease 292
- cervical dystonia 292
- cervical spondylosis 342
- cestode infections 471–475
- Chagas' disease 461–462
- chancroid 414
- Charcot-Marie-Tooth disease
283–284
- chest pain 118–130
aortic dissection 125–129
causes 119
differential diagnosis 120
initial management 122
investigations 119–121
ischemic heart disease (IHD) 118–125
pericarditis 129–130
see also specific causative conditions

- chest wall pain 347
- chickenpox 452, 482
- Chlamydia* 403, 449
- chloasma 507
- choanal atresia 219
- cholangitis 39
- cholecystitis 38
- cholecystoenteric fistulae 39
- cholera 466
- cholesterol *see* hypercholesterolemia
- chorea 292–293
- Christmas disease 557–558
- chromosomes 2
 - abnormalities 2–4, 12
 - abnormalities of number 2–3
 - microdeletion syndromes 3–4, 12
 - analysis 11–12
- chronic obstructive pulmonary disease (COPD) 190–192
 - investigations 190–192
 - management 194
- chronic progressive external ophthalmoplegia (CPEO) 288–289
- chronic renal failure 90–93
 - Alport's syndrome 93
 - causes 90
 - polycystic kidney disease (PKD) 91–92
 - reflux nephropathy 91
 - renovascular disease 92–93
- Churg-Strauss syndrome 181, 337
- cigarette smoking *see* smoking
- cirrhosis
 - ascites and 79
 - primary biliary (PBC) 76–77
- clinical genetic appointment 1–2
- clostridia 444
 - Clostridium botulinum* (botulism) 444
 - Clostridium difficile* 444
 - Clostridium perfringens* 444
 - Clostridium tetani* (tetanus) 444
- clubbing, nails 514
- cluster headache 264
- coagulation protein disorders 557
- coarctation of the aorta 5, 113
- cocaine 394–395
- coccidioidomycosis 469
- cocksackie virus 454–455
- cold hemagglutinin disease (CHAD) 533–535
- cold sores 481–482
- colon cancer 11
- colorectal cancer 57–59
 - screening 58–59
 - staging 58
- common cold viruses 449
- common peroneal nerve compression 285
- conduction blocks 165–169
 - atrioventricular (AV) block 167–169
 - fascicular blocks 165–167
- confusion
 - critically ill patients 593–594
 - elderly patients 571–572
 - drug-induced 572
- congenital heart defect 4
- conjunctivitis 299–300
- connective tissue diseases 329
 - mixed connective tissue disease (MCTD) 334
- constipation 59–60
 - fecal incontinence and 566
- constrictive pericarditis 162–163
- cord compression 279
- corneal protection 311
- coronal papillae 409
- coronary revascularization 147
- corticobasal degeneration (CBD) 291
- Corynebacterium diphtheriae* 465
- cough 200–207
 - bronchiectasis 204–206
 - carcinoma of the lung 201–203
 - causes 203
 - investigations 198, 200–201
 - tuberculosis 206–207
 - whooping cough 443
- Coxiella burnetii* (Q fever) 449
- crack cocaine 394–395
- cranial diabetes insipidus 94
- cranial nerve palsies 309–310
- creatinine, high serum levels 113
- Creutzfeldt-Jakob disease (CJD) 293
- critically ill patients
 - blue and breathless patients 585–591
- hypotensive patients 578–582
- initial assessment and management 573–578
 - airway 574–576
 - breathing 576–577
 - circulation 577–578
 - disability 578
- obtunded patients 593–594
- oliguric/anuric patients 591–593
- ongoing management 593
- recognition of deterioration 573
- sepsis 582–585
- systemic inflammatory response syndrome (SIRS) 582–585
- Crohn's disease 55–57
 - differential diagnosis 56–57
 - features of 56
 - investigations 56
- cryptococcal meningitis 424–425
- cryptococcosis 455
- Cushing's syndrome 113, 353–356
 - investigations 355
 - management 355–356
 - pathology 353–355
- cutaneous lumps 514–520
 - causes 515
- cutaneous vasculitis 336
- cyst 518
 - branchial 224
 - epidermal 518
 - sebaceous 518
- cystic fibrosis (CF) 5
- cystitis, acute 101
- cytogenetics 11–12
- cytomegalovirus (CMV) 453
 - retinitis 427
- cytopenias 536–555
 - anemia 536–546
- daytime sleepiness
 - see* hypersomnolence
- De Quervain's tenosynovitis 347
- deafness 6
- death *see* bereavement, dying patients, palliative care
- deep vein thrombosis (DVT) 170–172
 - investigations 171
 - management 171–172
- delusions 247–248
- dementia 567
 - Alzheimer's disease 567–569
 - diagnostic criteria 567

Index

- dementia (cont.)
 fronto-temporal dementias (FTD) 570
 Lewy body dementia (LBD) 570
 pugilistic dementia 571
 vascular dementia (VD) 569–570
- dengue fever 466
- depressive disorders 240–245
 Beck's depression scale 389
 clinical features 240, 242
 etiology and pathogenesis 241–243
 management 243–245
 physical activity and 26
- dermatitis herpetiformis 54, 491
- dermatofibromas 517–518
- dermatomyositis 505
- dermographism 503
- Di-George syndrome 4
- diabetes 369–376
 classification 369
 clinical features 369
 complications of 370–372, 374–375
 cranial diabetes insipidus 94
 investigations 372
 management 372
 outcome 375–376
 pathology 369–372
 physical activity and 26
 type 1, 369
 type 2, 369–370
- diabetic amyotrophy 281
- diabetic foot disease 375
- diabetic nephropathy 86–87, 371, 375
- diabetic retinopathy 308–309, 371, 375
- diagnostic tests 11
- diarrhea 52–59
 bile salt malabsorption 55
 causes 53
 celiac disease 53–54
 chronic 52–53
 HIV-associated 423–424
 inflammatory bowel disease 55–57
 investigation 52–53
 lactose malabsorption 54–55
 small bowel bacterial overgrowth 54
 travelers' 38
 see also gastroenteritis
- diastolic heart failure 144–145
- diet *see* healthy eating
- difficulty passing urine *see* micturition problems
- diphtheria 465
- diplopia *see* double vision
- discoid lupus erythematosus (DLE) 507
- disease modifying anti-rheumatoid drugs (DMARDs) 325
- disinsertion of the levator muscle 310
- disk prolapse 340
- disseminated intravascular coagulopathy (DIC) 554
- diuretics, ascites 80
- diverticular disease 40–41
- dizziness 163–170
- DNA 1
- dominant 13
- donovanosis 415
- dopa-responsive dystonia 292
- dopamine agonists 290–291
- double vision
 binocular 309–310
 monocular 310
- Down syndrome 2–3
 dementia 571
- drinking *see* alcohol consumption
- drop attacks 563
- drug abuse 393–397
 alcohol 399
 benzodiazepines 393–394
 cannabis 393
 cocaine 394–395
 MDMA (ecstasy) 395–396
 opioids 396–397
- drug-induced hemolysis 530
- drug-induced lung disease 197–198
- drug-induced skin problems
 pruritis 501
 rashes 484–485, 505
- dry eyes 303
- Duchenne muscular dystrophy 6, 287
- duplication 13
- dying patients
 causes of death 596
 definition 595
 diagnosis 595, 609
 last 48 hours 609–613
 management of dying 601
 place of death 596, 610–613
 symptoms 601–609
 appetite loss 606–608
 breathlessness 608–609
 fatigue 604–606, 607
 nausea and vomiting 609, 610
 pain 601–604
 symptom management 610–613
 see also palliative care
- dysarthria 264
- dysphagia 61–63, 265
 causes 62
- dysphasia 265
- dysphonia 265
- dyspnea *see* shortness of breath
- dysthymia 239
- dystonia 292
 poisoning and 386–388
- ear disorders
 hearing loss 210–212
 painful ear 212
 tinnitus 212–213
 vertigo 213
- ear wax impaction 211–212
- Ebola virus 467
- Echinococcus* 471
- echoviruses 454–455
- ecstasy (MDMA) 395–396
- eczema 492–500
 asteatotic 495–496
 atopic 494–498
 causes 493, 496, 498
 contact allergic 497–498
 discoid 495
 face 496–497
 hand 496
 irritant 496
 purpura 498–500
 seborrheic 496–497
 venous 495
- edema 82
 chronic renal failure 90–93
 diagnosis 83
 idiopathic 93
 lymphedema 93
 nephrotic syndrome 82–90
- elbow pain 346
- elderly patients
 confusion 571–572
 falls 561–563
 incontinence 564–566
 memory loss 567–571
- empiric risks 13
- empyema, gall bladder 39
- encephalitis 296–297

- endophthalmitis 311
Entamoeba histolytica 38
 enteric fevers 462
 Enterobacteriaceae 442
 enterococci 440
 enteroviruses 454–455
 environmental health 16
 ependymoma 275
 epiglottitis 221
 epilepsy 257–262
 classification 259
 diagnosis 258–259
 differential diagnosis 258
 investigations 261
 management 261–262
 myoclonic epilepsy 293
 and ragged red fibres (MERRF)
 288–289
 pathology 259–261
 episcleritis 301
 epistaxis 217–218
 Epstein-Barr virus (EBV) 452–453
 Epworth Sleepiness Scale 208
 erysipelas 481
 erythema multiforme 478
 see also skin rash
 erythema nodosum 321–322, 478
 see also skin rash
 erythrocyte sedimentation test
 (ESR) 531
 high ESR 531–536
 causes 532
 influencing factors 531
Escherichia coli 36–37, 442
 enterohemorrhagic 36–37
 enteropathogenic 37
 enterotoxigenic 37
 esophageal cancer 63
 staging 63
 essential hypertension 111–112
 ethanol poisoning 399
 exercise see physical activity
 extradural hemorrhage 268–269
 extrinsic allergic alveolitis 196
 eye 299–311
 painful white eye 302–303
 red eye 299–302
 see also vision
 facial nerve palsy 215
 facial pain 216–217
 facial weakness 214–216
 factor IX deficiency 557–558
 factor VIII deficiency 557–558
 falls, elderly patients 561–563
 management 562
 familial adenomatous polyposis
 (FAP) 10, 58
 familial hypocalciuric hypercalcemia
 (FHH) 378
 fascicular blocks 165–167
 fascioscapulothoracic muscular
 dystrophy 6
 fatigue, in dying patients
 604–606, 607
 fats, dietary 24
 see also hypercholesterolemia
 febrile seizures (FS) 258
 fecal incontinence 566
 Felty's syndrome 323
 fever 428
 clinical approach 429
 see also infection
 fever of unknown origin (FUO)
 471–475
 causes 473
 clinical features 472
 investigations 474
 pathology 473–474
 treatment 475
 filariasis 470–471
 lymphatic 470
 finger pain 347
 flukes 469
 fluorescent in-situ hybridization
 (FISH) 11
 focal and segmental
 glomerulosclerosis (FSGS) 85
 folate deficiency 540–541
 Fordyce spots 409
 foreign body
 ear 212
 nose 219
 fragile X syndrome 7
 fronto-temporal dementias
 (FTD) 570
 frozen shoulder 345
 fruit, dietary 23
 frusemide 80
 fungal infections
 rashes 483
 systemic 455, 468–469
 gallstones 39
 complications 39
 gamma-glutamyl transferase
 (GGT) 67
Gardnerella vaginalis see bacterial
 vaginosis (BV)
 gastric cancer 51–52
 gastritis
 acute 41
 chronic 50
 gastro-esophageal reflux disease
 (GORD) 46–47
 gastroenteritis 34–37
 gastrointestinal disorders
 abdominal pain 33–52
 acute 33–45
 chronic 45–52
 bacterial infections 35–37
 genetic disorders 5
 hemorrhage, acute 60–61
 viral infections 35
 see also specific disorders
 generalized anxiety disorder (GAD)
 231–233
 clinical features 230
 management 231
 genes 1
 genetic counseling 12–13
 Huntington's disease 7
 genetic disorders
 chromosome abnormalities
 2–4, 12
 Mendelian disorders 4–11, 12
 genetic investigations 11–12
 genetic testing 11
 genital herpes simplex 409–411
 genome 1
 genotype 13
 German measles 451
 giant cell arteritis (GCA) 335–336
Giardia lamblia 37–38
 Gilles de la Tourette syndrome 293
 Gitelman's syndrome 115
 glandular fever 220, 452–453
 Glasgow Coma Scale (GCS)
 269, 593

Index

- glaucoma
acute 302
primary open angle 309
- glioblastoma multiforme 275
- glioma 274
- glomerulonephritis
mesangiocapillary (MCGN) 86
post-streptococcal 110
- glucose 6 -phosphate deficiency 544
- gluten free-diet 54
- glycemic control 373–374
- goiter 363–364
causes 363
investigations 364
- gonadal mosaicism 12, 13
- gonococcus 441–442
- gonorrhea 401–402
clinical features 401–402
- gout 314–316
clinical features 314
management 316
pathology 314–315
- granuloma
annulare 490–491
inguinale 415
pyogenic 517
- Graves' disease 356–359
- grief 613–615
- Guillain-Barré, syndrome (GBS) 282–283
- gummata 412
- guttate psoriasis 480
- Haemophilus influenzae* 443
- hair loss 507–510
alopecia areata (AA) 509–510
anagen and telogen effluvium 509
androgenetic alopecia 510
causes 508
scarring alopecia 507–508
- hairiness 512–513
causes 511
hirsutism 512–513
hypertrichosis 512
- hairy cell leukemia (HCL) 530
- hallucinations 247–248
- hand foot and mouth disease 454
- hand pain 347
- Hashimoto's disease
see hypothyroidism
- head and neck swelling 222–224
- head injury
extradural hemorrhage 268–269
subdural hemorrhage 269–270
- headache 262–264
management 264
- health intelligence 16
- health promotion 15, 16–17
approaches 30
healthy eating 25
physical activity 27–28
safer sex 30
sensible drinking 28–29
smoking and tobacco control 17–20
whole population versus targeted approach 17, 18
- health protection 15–16
- health service planning 16
- healthy eating 21–25
healthy diet 22–25
barriers to 24
fats 24
fruit and vegetables 23
salt 23–24
sugars 24–25
importance of 21–22
health effects of poor diet 22
promotion at school 25
promotion in adults 25
- hearing loss 210–212
conductive 211–212
congenital causes 211
sensorineural 210–211
- heart failure 144–148
diastolic 144–145
investigations 146
management 146–148
systolic 144
- heavy chain disease 535
- heel pain 347
- Helicobacter pylori* 49–50
- helminth infections 469–475
- hemarthrosis 322
- hematological investigations 530–536
abnormalities 434
hemopoiesis 536
high ESR 531–536
- hematuria 107–110
causes 108
diagnosis 107
- IgA nephropathy 108–109
microscopic 114
post-streptococcal
glomerulonephritis 110
thin basement membrane disease 109–110
- hemochromatosis 77–78
- hemoglobin C 544
- hemoglobin D 544
- hemoglobin E 544
- hemoglobinopathies 542–544
- hemolysis
causes of 542
drug-induced 546
idiopathic 545
immune mediated 545
infection and 545
- hemolytic anemia 542
microangiopathic (MAHA) 545
- hemolytic–uremic syndrome (HUS) 99, 554
- hemophilia 557–558
- hemopoiesis abnormalities 536
- hemorrhage, gastrointestinal
60–61
acute upper gastrointestinal
bleeding 60
lower gastrointestinal hemorrhage 61
variceal hemorrhage 60–61
- hemostasis 555–556
- Henoch Schonlein purpura 336
- hepatitis 455
autoimmune (AIH) 75–76
hepatitis A 68
hepatitis B 70–73
acute 70–71
chronic 72–73
natural history of infection 73
serology 71
hepatitis C 73–75
hepatitis E 69
- hereditary hemochromatosis (HH) 77–78
- hereditary hemorrhagic telangiectasia 218
- hereditary non-polyposis colon cancer (HNPCC) 10–11, 58
diagnostic criteria 11
- herpangina 454
- herpes simplex virus (HSV) 453, 478
genital 409–411
rashes 481–482

- herpes zoster 217
see also varicella-zoster virus
- herpes zoster oticus 215
- high density lipoprotein (HDL)
see hypercholesterolemia
- hip pain 347
- hippocampal sclerosis (HS) 260
- hirsutism 512–513
- histoplasmosis 468–469
- HIV infection 30, 311, 416–427, 454
clinical features 416–417
complications 420–427
cryptococcal meningitis 424–425
cytomegalovirus (CMV) retinitis 427
dementia 571
diarrhea 423–424
Kaposi's sarcoma (KS) 422–423
neurological problems 424, 425
oral disease 423
Pneumocystis pneumonia (PCP) 420–421
toxoplasmosis 425–426
investigations 418
management 419–420
pathology 417–418
transmissibility 417, 418
- HIV-associated nephropathy (HIVAN) 88
- hoarseness 221–222
- Hodgkin's disease 527, 528–529
- home death 611–613
- homozygote 13
- Horner's syndrome 310–311
- human immunodeficiency virus
see HIV infection
- human papillomavirus (HPV) 407–409
see also warts
- Huntington's disease 6–7, 292–293
- hydatid disease 471
- hypercalcemia 376–379
causes 377
investigations 378
management 378–379
pathology 376–378
- hypercholesterolemia 379
management 380–381
pathology 379–380
- hyperglycemia 368
see also diabetes
- hyperkalemia 115–116
- hyperlipidemia
see hypercholesterolemia
- hyponatremia 117
- hyperosmolar non-ketotic coma and lactic acidosis 374–375
- hyperpigmentation 507
- hyperprolactinemia 365–366
causes 365
management 366
pathology 365–366
- hypersensitivity pneumonitis 196
- hypersomnolence 207–209
causes 208
narcolepsy 209
obstructive sleep apnea 207–209
- hypersplenism 549
- hypertension 110–113
coarctation of the aorta 113
Conn's syndrome 113
Cushing's syndrome 113
definitions 111
diagnosis 111
drug-induced 113
essential hypertension 111–112
pheochromocytoma 112–113
renal parenchymal disease 112
renovascular disease 112
- hyperthyroidism 356–359
- hypertrichosis 512
- hypertrophic cardiomyopathy (HCM) 148–149
causes 148–149
investigations 149
management 149
- hyperuricemia *see* gout
- hyperventilation 188–189
- hypoglycemia 374
- hypogonadism causes 368
see also androgen deficiency
- hypokalemia 115
- hyponatremia 116–117
- hypopigmentation 507
- hypotension
critically ill patients 578–582
orthostatic 562–563
shock 579
- hypothyroidism 351–353
causes 351
clinical features 351
investigations 352
- management 352–353
pathology 352
- hypoventilation 586–587
- hypoxia 585–591
acute respiratory distress syndrome (ARDS) 589–591
hypoventilation 586–587
impaired gas transfer 588
oxygen transport failure 585
oxygen utilization failure 585–586
respiratory failure 585
right to left cardiac shunts 588–589
ventilation-perfusion (V/Q) mismatch 587
- idiopathic edema 93
- IgA nephropathy 108–109
- immunization schedule 432
- immunocompromised patients 432–434, 438
- immunosecretory disorders 531
variants 532
- impetigo 481
- implantable cardioverter-defibrillators (ICDs) 147
- imprinting 13
disorders of 4
- incontinence, elderly patients 564–566
causes 564
drug-induced 565–566
fecal 566
over-active bladder (OAB) 565
spinal cord disease 566
stress incontinence 565
vaginal and urethral prolapse 566
vaginal atrophy 566
- incoordination 293–294
- infection 428
clinical spectrum 435
community versus hospital acquired infection 428
examination 431–432
hemolysis and 545
history 429
immunocompromised patients 432–434
line-related 585
lymph node enlargement 524–525
urgency of antimicrobial treatment 434–435
white cell disorders and 548
see also bacterial infections, sepsis, sexually

Index

- infection (cont.)
transmissible infections (STIs);
specific infections; viral infections
- infective cervical lymphadenopathy 223
- infective endocarditis 159–161, 436
complications 160–161
diagnostic criteria 159–160
investigations 160
management 149, 160
- inflammatory bowel disease 55–57
differential diagnosis 56–57
investigations 56
- inflammatory indices 434
- influenza 449–450
- ingrowing toenail 513–514
- insect bites 484
- insulin therapy 373–374
- intermittent claudication 172
- interrupted aortic arch 5
- intestinal obstruction 42–44
clinical features 43
large bowel 43
small bowel 42–43
- intubation 582
- involuntary movements 292–293
chorea 292–293
dystonia 292
- iritis 301–302
- iron deficiency anemia 537–540
diagnosis 539–540
pathology 538–539
- irritable bowel syndrome (IBS)
47–49
investigations 48
- ischemic heart disease (IHD) 118–125
risk factors 121
- jaundice 64–66
causes 65
- joint pain 312–338
connective tissue diseases 329
diagnosis 313
erythema nodosum 321–322
gout 314–316
hemarthrosis 322
peripheral 322
gradual onset 322
polymyalgia rheumatica (PMR)
320–321
pseudogout 316–317
sudden onset 312–314
see also arthritis
- kala-azar 460–461
- Kaposi's sarcoma (KS) 422–423, 500
- karyotype 2, 13
- Kearn-Sayres syndrome (KSS)
288–289
- keloids 517
- ketoacidosis 374
- kidney disorders 5–6
acute kidney failure 94–100
asymptomatic problems 110–117
bleeding and 559
chronic renal failure 90–93
critically ill patients 592–593
nephrotic syndrome 82–90
oliguria 94–100
papillary necrosis 107
polyuria 93–94
renal calculi 106–107
renal cancer 105–106
- Klinefelter syndrome (XXY) 3, 367
- labyrinthitis 213
- lactose malabsorption 54–55
- Lambert–Eaton myasthenic
syndrome (LEMS) 273,
286–287
- Lance–Adams syndrome 293
- laryngeal carcinoma 221–222
- laryngitis 221
- laryngocele 224
- Lassa fever 467
- lateral epicondylitis 346
- left anterior fascicular block
(LAFB) 166
- left bundle branch block (LBBB) 166
- left posterior fascicular block
(LPFB) 166
- left ventricular assist device
(LVAD) 147
- left ventricular hypertrophy (LVH)
148–149
- leg pain 172–173
- Legionella pneumophila* (legionnaire's
disease) 443–444
- leishmaniasis 460–461
cutaneous 461
visceral 460–461
- leprosy 464–465
- leptospirosis 448
- leukemia 550
- acute 550–552
investigations 551
management 551–552
chronic lymphocytic leukemia
(CLL) 529–530
chronic myeloid leukemia (CML)
552
hairy cell leukemia (HCL) 530
mature cell leukemia 527
prolymphocytic leukemia (PLL) 530
- leukemoid reaction 549
- leukocytoclastic vasculitis 336, 500
- leukocytosis 549
- leukopenia 434, 547, 548
- levator muscle, disinsertion of 310
- levo-dopa (l-dopa) 290
- Lewy body dementia (LBD) 570
- libido, loss of 364–365
- lichen planus 480, 489
- Liddle's syndrome 115
- lipoma 518
- Listeria monocytogenes* (listeriosis) 440
- liver disease 5
bleeding and 559
hemochromatosis 77–78
hepatitis 68, 69, 70–73, 73–75,
75–76
jaundice 64–66
primary biliary cirrhosis 76–77
primary sclerosing cholangitis
78–79
- liver function tests 66–68
- loiasis 470
- loin pain 104–107
acute pyelonephritis 104–105
causes 105
differential diagnosis 104
papillary necrosis 107
renal calculi 106–107
renal cancer 105–106
- low density lipoprotein (LDL)
see hypercholesterolemia
- lumbar spondylosis 342
- lung disorders
abscesses 204–205
carcinoma 201–203
investigations 202–203
management 203
staging 204
cough 200–207
hypersomnolence 207–209
shortness of breath 174

- lung function tests 190–192
- lupus anticoagulant 559–560
- lupus erythematosus 505
discoid (DLE) 507
see also systemic lupus erythematosus (SLE)
- lupus nephritis 87–88
- Lyme disease 447–448
- lymph node enlargement 521–530
clinical features 521–522
infection 524–525
investigations 524
lymphoma 525
pathology 522–524
- lymphadenopathy 432, 433
causes 524
see also lymph node enlargement
- lymphatic filariasis 470
- lymphedema 93
- lymphocytosis 434
- lymphogranuloma venereum (LGV) 414–415
- lymphoma 525
anaplastic large-cell lymphoma (ALCL) 528
Burkitt-like lymphoma 527–528
classification 527, 527
diagnosis 525–526
diffuse large B-cell lymphoma (DLBCL) 527–528
Hodgkin's disease 528–529
mature cell lymphomas 527
precursor cell neoplasms 527
prognosis 526–527
small bowel 54
small lymphocytic lymphoma (SLL) 529–530
staging 526
- McArdle's disease 288
- malaria 457–459
clinical features 457–458
investigations 458
management 458
pathology 458
- manic depression *see* bipolar affective disorder
- Marburg virus 467
- Marfan syndrome 7
diagnostic criteria 8
- MDMA (ecstasy) 395–396
- measles 450–451, 482
- mechanical ventilation 591
- meglitinides 373
- melanoma 518
malignant 519–520
- membranous nephropathy (MN) 85–86
- memory loss, elderly patients 567–571
see also dementia
- Mendelian disorders 4–11, 12
- Menière's disease 214
- meningioma 275
- meningitis 294–296
bacterial 295, 440–441
HIV-associated 424–425
fungal 295
investigation 295
management 295–296
tuberculous (TBM) 295
viral 295
- meningococcus 440–441
- mental health *see* psychiatric problems
- meralgia paraesthetica 285
- mesangiocapillary glomerulonephritis (MCGN) 86
- mesenteric ischemia 44–45
- metformin 373
- methemoglobinemia 544–545
- microdeletion 14
- microdeletion syndromes 3–4, 12
- microscopic hematuria 114
- microscopic polyangiitis 337
- microscopic polyarteritis (MPA) 97–98
- micturition problems 100–104
acute cystitis 101
benign prostatic hypertrophy (BPH) 102
overactive bladder 103–104
prostatic carcinoma 102–103
- migraine 263
- milium 518
- minimal change disease (MCD) 84–85
- Mirizzi's syndrome 39
- mitochondrial inheritance 12–13
- mitral regurgitation 154–156
chronic 155–156
etiology 155
investigations 155–156
management 156
- mitral stenosis 153–154
investigations 153–154
management 154
- mitral valve prolapse (MVP) 156–157
- mixed connective tissue disease (MCTD) 334
- moles 507, 518
- molluscum contagiosum (MC) 409, 516
- monoclonal gammopathy of uncertain significance (MGUS) 531–532
- monocular diplopia 310
- mononeuropathies 285
- mononeuropathy multiplex 285
- monosomy 14
- mood disorders 238–247
bipolar affective disorder 245–247
depressive disorders 240–245
dysthymia 239
mixed anxiety and depressive disorder 239–240
mood states 238–239
- Moraxella (Branhamella) catarrhalis* 443
- motivational counseling 20
- motor neurone disease (MND) 277–279
- movement disorders 289
akinetic rigid syndromes 289–292
incoordination and unsteadiness 293–294
involuntary movements 292–293
tremor 292
- multiple myeloma 89, 532–535
investigations 533, 534
management 533–535
- multiple sclerosis (MS) 275–277
investigations 276–277
management 277
presentations 275–276
- multisystem atrophy (MSA) 291
- mumps 451
- musculoskeletal disorders
diffuse pain 347–348
muscular dystrophies 6
physical activity and 26
skeletal anomalies 7
see also joint pain, shoulder pain, spinal pain
- mutation detection 11–12

Index

- myasthenia gravis 273, 285–286
 investigation 286
 management 286
 ptosis and 311
- mycobacteria 445–447
Mycobacterium leprae 464–465
Mycobacterium tuberculosis 445–447
see also tuberculosis
 opportunistic mycobacteria 447
- Mycoplasma pneumoniae* 449
- myelodysplastic syndromes 547–548
- myelofibrosis 549–550
- myeloma 89
 multiple 532–535
- myelopathy 279
- myeloproliferative disorders 549–552
- myocardial infarction
 acute 118
 complications 124–125
 ST-elevation (STEMI) 123–124
see also ischemic heart disease (IHD)
- myoclonic epilepsy and ragged red fibres (MERRF) 288–289
- myoclonus 293
- myopathy 287–288
 acquired myopathies 289
 metabolic inherited myopathies 288
 mitochondrial myopathies 288–289
- myophosphorylase deficiency 288
- myositis 332–333
 clinical features 332
 investigation 333
 management 333
- myotonic dystrophy 7
- nail disorders 513–514
- narcolepsy 209
- nasal obstruction 218–219
- nasal polyps 219
- nasal septal deformity 219
- nasal tumors 219
- nausea and vomiting, dying patients 609, 610
- neck pain
 mechanical 339–340
see also spinal pain
- neck swelling 222–224, 361–368
 branchial cyst 224
 goiter 363–364
- laryngocele 224
- neoplastic lesions 223
- pharyngeal pouch 223–224
- reactive/infective lymphadenopathy 223
- thyroid nodules 362–363
- vascular causes 224
- necrobiosis lipoidica 490
- necrotizing fasciitis 437
- Neisseria gonorrhoeae* 441–442
see also gonorrhea
- Neisseria meningitidis* 440–441
see also meningitis
- nematode infections 469–471
- nephritis
 acute interstitial 98–99
 lupus 87–88
- nephropathy
 diabetic 86–87
 HIV-associated (HIVAN) 88
 IgA 108–109
 obstructive 99–100
 reflux 91
- nephrotic syndrome 82–90
 amyloidosis 89–90
 causes 83–84
 diabetic nephropathy 86–87
 HIV-associated nephropathy (HIVAN) 88
 lupus nephritis 87–88
 membranous nephropathy (MN) 85–86
 mesangiocapillary glomerulonephritis (MCGN) 86
 minimal change disease (MCD) 84–85
 myeloma 89
 primary focal and segmental glomerulosclerosis (FSGS) 85
- neuralgia
 post-herpetic 217, 482
 trigeminal 217
- neurocutaneous syndromes 8–9
- neurofibromas 275, 518
- neurofibromatosis type 1 (NF1) 9
 diagnostic criteria 9
- neurological deficit
 focal neurological signs 274
 rapid onset 265–272
 extradural hemorrhage 268–269
 stroke 266–268
 subarachnoid hemorrhage 270–271
 subdural hemorrhage 269–270
- transient ischemic attack (TIA) 266
- traumatic spinal injury 271–272
 slower onset 272–279
 diagnosis 273
 motor neurone disease (MND) 277–279
 multiple sclerosis (MS) 275–277
 space occupying lesions 273–275
- neuromuscular weakness 298
- neuroses *see* anxiety and stress-related disorders
- neurosyphilis 411–412
- neutropenia
 causes 547, 548
 congenital syndromes 549
 immune 548
- neutrophilia 434
- NICE guidelines 10
- nocardiosis 440
- noise induced hearing loss 210
- non-specific urethritis (NSU) 403–404
- non-steroidal anti-inflammatory drugs (NSAIDs)
 overdose 391
 peptic ulcer disease and 50
- Noonan syndrome 5
- normal pressure hydrocephalus 570–571
- noroviruses 455
- nose, obstruction of *see* nasal obstruction
- nosebleed 217–218
- obesity 20–21, 349–351
 causes 21
 classification 21
 management 21, 351
 physical activity and 26
 prevalence 21
 prevention 21
 susceptibility 21
see also healthy eating, physical activity
- obsessive-compulsive disorder (OCD) 237–238
- obstructive nephropathy 99–100
- obstructive sleep apnea 207–209
- obtunded patients 593–594
- occupational lung disease 197
- oligodendroglioma 274

- oliguria 591–593
 onchocerciasis 470–471
 ophthalmia neonatorum 299, 300
 opioid overdose 396–397
 optic neuritis 306–307
 optic neuropathy 309
 oral hairy leukoplakia (OHL) 423
 organ donation 613
 oropharyngeal ulceration 220
 orthostatic hypotension 562–563
 osteoarthritis (OA) 327–329, 342
 clinical features 327
 management 328
 thumb 346
 wrist 346
 osteopenia 340
 osteoporosis 340
 otalgia 212
 otitis media
 chronic suppurative 212
 with effusion 212
 otosclerosis 212
 ototoxicity 211, 214
 over-active bladder (OAB)
 103–104, 565
 overdose *see* poisoning
 overweight *see* obesity
 oxygen transport failure 585
 oxygen utilization failure 585–586
 Paget's disease 518–519
 pain 601
 dying patients 601–604
 management 602–604
 palliative care 595–615
 appetite loss 606–608
 breathlessness 608–609
 cancer 597–600
 fatigue 604–606, 607
 last 48 hours 609–613
 nausea and vomiting 609, 610
 pain 601–604
 symptom management 610–613
 palmar–plantar pustulosis 487
 palpitations 130–142
 atrial or ventricular ectopy 134
 diagnosis 131–133
 mechanisms 133–134
 tachyarrhythmias 134–142
 pancreatitis
 acute 41–42
 chronic 50–51
 management 42
 pancytopenia 434, 554–555
 panic attacks 185, 235–236
 panic disorder 235–236
 papillary necrosis 107
 papilledema 311
 papillomatosis, vocal cords 221
 paracentesis, therapeutic 80–81
 paracetamol poisoning 388–391
 parainfluenza virus 449
 paralyses, periodic 288
 parapharyngeal abscess 220
 parasites 37–38
 see also specific infections
 paratyphoid fever 462
 Parkinsonian syndromes 291–292
 Parkinson's disease (PD) 289–291
 management 290–291
 paronychia 513
 paroxysmal nocturnal
 hemoglobinuria 555
 parvovirus B19 infection 454,
 482–483
 peak expiratory flow 179–180
 pediculosis pubis 416
 pediculus capitis 483–484
 pemphigus vulgaris 491
 penetrance 14
 peptic ulcer disease 49–50
 causes 49
 investigations 50
 perceptual disorder 247
 percutaneous coronary intervention
 (PCI) 121–123
 percutaneous mitral balloon
 valvuloplasty 154
 percutaneous transcatheter alcohol
 septal ablation 149
 performance status 600
 pericardial effusion 161–162
 pericarditis 129–130
 constrictive 162–163
 investigations 129
 peripheral arterial disease (PAD)
 172–173
 investigations 172
 management 172–173
 peripheral neuropathy 281–285
 investigations 284
 pathology 282
 symptoms 281–282
 pharyngeal abscesses 220
 pharyngeal pouch 223–224
 pharyngitis 219, 437
 phenotype 14
 pheochromocytoma 112–113
 phobias 233–235
 agoraphobia 234–235
 simple phobia 233–234
 social phobia 234
 photosensitivity 503–505
 causes 504
 management 505
 physical activity 25–28
 benefits of 25
 current trends 26–27
 disease and 26
 promotion of 27–28
 recommended levels 26
 pigmentation 505–507
 primary hyperpigmentation 507
 secondary pigmentary changes
 505–507
 pituitary tumors 275
 pityriasis alba 505
 pityriasis rosea 478–480
 pityriasis versicolor 483, 507
 plague 466
 plantar fasciitis 347
Plasmodium see malaria
 platelet disorders 552–554
 causes 558
 pleural effusion 198–199
 pleurodynia 454
 plexopathy 280–281
 pneumococcus 438–439
Pneumocystis pneumonia
 (PCP) 420–421
 pneumonia 186–188
 causative organisms 187
 investigations 187–188
 management 188

Index

- pneumothorax 185–186
- poisoning 382
 alcohol 399
 assessment 382–383
 carbon monoxide 397–399
 causes 383
 complications of 383–388
 agitation 383
 dystonias 386–388
 rhabdomyolysis 388
 seizures 388
 serotonin syndrome 388
 vomiting 383
 diagnosis 384, 385
 differential diagnosis 386
 identification of poisoned
 patient 382
 management 383, 388
 antidotes 383
 NSAIDs 391
 paracetamol 388–391
 selective serotonin re-uptake
 inhibitors (SSRIs) 392–393
 tricyclic antidepressants 391–392
see also drug abuse
- poliomyelitis 468
- polyarteritis nodosa 337
- polycystic kidney disease (PKD)
 5–6, 91–92
- polycythemia 546–547
- polymerase chain reaction (PCR) 12
- polymorphic light eruption 503–505
- polymyalgia rheumatica (PMR)
 320–321, 535–536
 clinical features 320–321, 535
 investigations 321, 535–536
 management 321
- polymyositis 273
- polyneuropathies 283
- polyps
 nasal 219
 vocal cords 221
- polyuria 93–94
 causes 93–94
- pompholyx 496
- porphyria 505
- port wine stains 517
- post-herpetic neuralgia 217, 482
- post-streptococcal glomerulonephritis
 110
- post-traumatic stress disorder
 (PTSD) 236–237
- Prader–Willi syndrome 4
- pre-renal disease 591–592
- pre-syncope 163–170
- predictive tests 11
- prenatal testing 11
- presbycusis 210
- prevention 18
 obesity 21
 problem drinking 28–29
 smoking 19–20
see also health promotion
- primary biliary cirrhosis (PBC)
 76–77
- primary focal and segmental
 glomerulosclerosis (FSGS) 85
- primary hyperparathyroidism 376
- primary lateral sclerosis (PLS) 278
- primary prevention 18
- primary sclerosing cholangitis (PSC)
 78–79
- primary torsion dystonia (DYT-1) 292
- primary vesicoureteric reflux 91
- progressive muscular atrophy
 (PMA) 278
- progressive supranuclear palsy
 (PSP) 291
- prolactinoma *see* hyperprolactinemia
- prostate
 benign prostatic hypertrophy
 (BPH) 102
 prostatic carcinoma 102–103, 603
- prosthetic heart valves 158–159
- proteinuria 114–115
- prothrombin time 67
- protozoan infections 455–462
- pruritis 500–503
 anogenital 503
 causes 502
 drug-induced 501
- pseudobulbar palsy 278
- pseudogout 316–317
- Pseudomonas aeruginosa* 442–443
- psoralens 488
- psoriasis 514, 485
 clinical features 487
 differential diagnosis 487–488
 guttate 480
 management 488–489
- psoriatic arthritis 326–327
 clinical features 326
 management 327
- psychiatric problems
 anxiety 227, 230–238
 assessment 225–226, 228
 mood disorders 238–247
 psychotic disorders 247–254
 suicide risk 254–256
- psychotic disorders 247–254
 causes 248
 schizophrenia 248–254
- Pthirus pubis* 416
- ptosis 310–311
- public health 15–16
- pugilistic dementia 571
- pulmonary embolism 184–185
 investigations 184–185
 management 185
- pulmonary fibrosis 195–197
- pulmonary regurgitation 157
- pulmonary stenosis 5, 157
- pure red cell aplasia 541–542
- purpura 498–500
 causes 499
 thrombotic thrombocytopenic
 purpura 554
- purpura fulminans 500
- pyelonephritis, acute 104–105
- pyoderma gangrenosum 492
- pyogenic granuloma 517
- Q fever 449
- rabies 467–468
- radial nerve compression 285
- radiculopathy 280
- Ramsay–Hunt syndrome 215
- rash *see* skin rash
- Raynaud's phenomenon 331–332
- reactive arthritis 318–320
 clinical features 318–319
 management 320
- reactive cervical lymphadenopathy 223
- recessive 14
- reflex-mediated syncope 169–170
- reflux esophagitis 46–47
- reflux nephropathy 91
- Reiter's syndrome *see* reactive arthritis

- relapsing fever 464
- renal anomalies *see* kidney disorders
- renal calculi 106–107
- renal cancer 105–106
- renal parenchymal disease 112
- Rendu-Osler-Weber syndrome 218
- renovascular disease 92–93, 112
- repetitive strain injury (RSI) 347
- respiratory failure 585
- respiratory syncytial virus 449
- respiratory system disorders 5
- restrictive cardiomyopathy (RCM) 144–145
see also heart failure
- resuscitation 582
- retinal detachment 307
- retropharyngeal abscess 220
- rhabdomyolysis 97
poisoning and 388
- rheumatoid arthritis (RA) 322–325
clinical features 322
investigations 324
management 325
pathology 324
- rhinitis 218–219
- rickettsial infections 462–463
- right bundle branch block (RBBB) 166
- right to left cardiac shunts 588–589
- ringworm 483
- risk assessment 12–13
- Robertsonian translocation 14
- rosacea 490
- rotator cuff degeneration 346
- rotavirus 35, 455
- roundworms 469–471
- rubella 451, 482
- safer sex 29–30
promotion of 30
see also sexually transmissible infections
- salivary glands 222–223
calculi 222
infection 222
neoplastic lesions 222–223
- Salmonella* 35–36, 442
see also typhoid fever
- salt, dietary 23–24
restriction 80
- sarcoidosis 193–195, 490
- Sarcoptes scabiei* 415–416
- saturated fats 24
- scabies 415–416, 484, 501
- scalp ringworm 483
- scarlet fever 437, 481
- schistosomiasis 469
- schizophrenia 248–254
clinical features 248–250
diagnostic features 249
etiology and pathogenesis 250–252
management 252–254
subtypes 249
- schwannomas 275
- scleritis 301
- scleroderma 331–332, 491, 507
clinical features 331
investigation 332
management 332
- screening
colorectal cancer 58–59
suicide risk 255
- sebaceous cyst 518
- seborrheic dermatitis 422
- secondary prevention 18
- seizures
epileptic 259
febrile (FS) 258
poisoning and 388
see also epilepsy
- selective serotonin re-uptake inhibitor (SSRI) overdose 392–393
- senile itch 501
- sensory ataxia 294
- sepsis 582–585
management 583–585
see also infection
- septal myotomy-myectomy 149
- septic arthritis 317–318
investigation 318
management 318
- septic shock 435, 582
- serotonin syndrome 388
- sexually transmissible infections (STIs) 30, 400
anogenital warts 407–409
bacterial vaginosis (BV) 404–406
- candida 406–407
- chlamydia 403
- gonorrhoea 401–402
- herpes simplex virus (HSV) 409–411
- HIV 30, 311, 416–427
- lumps and spots 407–409
- non-specific urethritis (NSU) 403–404
- pediculosis pubis 416
- scabies 415–416
- syphilis 411–413
- trichomoniasis 407
- tropical ulcer disease 413–415
- urethral discharge in men 400–404
- vaginal discharge 404–407
see also safer sex
- Shigella* 442
- shingles 452, 482
- shock 579
cardiogenic shock 582
complications 581–582
management 582
septic shock 435, 582
- shortness of breath 142–163, 174
acute 174–189
anxiety/panic attack/
hyperventilation 188–189
asthma 177–184
causes 142, 175
chronic 189–200
chronic obstructive pulmonary disease (COPD) 190–192
constrictive pericarditis 162–163
differential diagnosis 176
drug-induced lung disease 197–198
dying patients 595
heart failure 144–148
hypertrophic cardiomyopathy 148–149
infective endocarditis 159–161
investigations 143–144
muscle/chest wall problems 199–200
occupational lung disease 197
pericardial effusion 161–162
pleural effusion 198–199
pneumonia 186–188
pneumothorax 185–186
pulmonary embolism 184–185
pulmonary fibrosis 195–197
sarcoidosis 193–195
valvular disease 150–159
- shoulder pain 344–346
frozen shoulder 345
rotator cuff degeneration 346
tenonitis 345–346

Index

- Shprintzen syndrome 4
- sick sinus syndrome 165
- sickle cell disease 543–544
- sideroblastic anemia 541
- sinoatrial exit block 165
- sinus bradycardia 164
- sinus node dysfunction 165
- sinus tachycardia 134
- sinusitis 216–217
- situational syncope 563
- Sjogren's syndrome 333–334
 investigation 334
 management 334
- skeletal anomalies 7
- skin problems 476–477
 cutaneous lumps 514–520
 malignancies 518–520
 eczema 492–500
 hair loss 507–510
 hairiness 512–513
 nail disorders 513–514
 photosensitivity 503–505
 pigmentation 505–507
 primary hypopigmentation 507
 pruritis 500–503
 see also skin rash
- skin rash 431–432
 acute rashes 478–485
 causes 479
 urticaria 478
 chronic rashes 485–492
 acne vulgaris 489–490
 causes 486
 granulomatous eruptions 490–491
 lichen planus 489
 psoriasis 485
 ulcerated lesions 492
- small bowel bacterial overgrowth 54
- smoking 17–20
 benefits of stopping smoking 19
 cessation methods 18–19
 morbidity from 17–18, 190
 prevention 19–20
 social gradient 18
- social phobia 234
- sodium depletion 116
- solar keratoses 518
- sore throat 219–221
- southern blot analysis 12
- speech disorders 264
- spherocytosis 544
- spinal cord
 diseases 279
 incontinence and 566
 injury 271–272
- spinal pain 338–344
 disk prolapse 340
 examination 339
 infection 344
 malignancy 344
 mechanical 339–340
 osteoarthritis 342
 vertebral crush fracture 340–342
- spironolactone 80
- splenomegaly 432, 457, 549
- sputum characteristics 200
- squamous cell carcinoma (SCC) 519
- ST-elevation myocardial infarction (STEMI) 123–124
- staphylococcal infections 436–437
 Staphylococcus aureus 436–437
 Staphylococcus epidermidis 437
- staphylococcal scalded skin syndrome (SSSS) 481
- status epilepticus 257, 297
- Stevens-Johnson syndrome 478
- stomach cancer 51–52
- streptococcal infections 437–439
 group A streptococci (*Streptococcus pyogenes*) 437–438
 group B streptococci 439
 group C streptococci 439
 group G streptococci 439
 Streptococcus pneumoniae 438–439
 viridans streptococci 439
- stress incontinence 565
- stroke 266–268
 clinical features 266–267
 investigation 267–268
 management 268
- strongyloidiasis 471
- subacute sclerosing panencephalitis (SSPE) 293
- subarachnoid hemorrhage 270–271
- subconjunctival hemorrhage 299
- subdural hematoma 572
- subdural hemorrhage 269–270
- subungual hematoma 513
- sudden cardiac death 149
- sugars, dietary 24–25
 oral health and 25
- suicide risk 254–256
 management 256
 risk factors 254
 screening 255
- sulphonylureas 373
- sunburn 503
- swallowing disorders 61–63, 264
 causes 62
- syncope 163–170
 causes 163
 elderly patients 562, 563
 evaluation 163–164
 investigations 164
 reflex-mediated 169–170
 situational 563
 vasovagal 169, 170, 562
- syndrome of inappropriate ADH secretion (SIADH) 116–117
- syphilis 411–413, 447
 cardiovascular 412
 investigations 413
 management 413
 neurosyphilis 411–412
 secondary 485
- syringobulbia 280
- syringomyelia 280
- systemic inflammatory response syndrome (SIRS) 582–585
 management 583–585
- systemic lupus erythematosus (SLE) 329–331
 clinical features 329–330
 investigations 330–331
 management 331
- systemic lupus nephritis (SLN) 87–88
- systolic heart failure 144
- tachyarrhythmias 132, 134–142
 atrial fibrillation (AF) 137–139
 atrial flutter 139
 atrial tachycardia (AT) 139–140
 atrioventricular nodal reciprocating tachycardia (AVNRT) 135–136
 atrioventricular reciprocating tachycardia (AVRT) 136
 sinus tachycardia 134
 ventricular tachycardia (VT) 140–142
 see also palpitations
- Taenia saginata* 471
- Taenia solium* 471

- Takayasu's arteritis 338
- tapeworms 471–475
- task-specific dystonia 292
- tattooing 507
- telogen effluvium 509
- temporal arteritis 217
- temporomandibular joint (TMJ)
dysfunction 217
- tendonitis
Achilles 347
shoulder 345–346
- tennis elbow 346
- tension headache 264
- teratogen 14
- testosterone deficiency *see* androgen
deficiency
- tetanus 444
- tetraparesis 279
- thalassemia 542–543
- thiazolidinediones 373
- thin basement membrane disease
109–110
- thoracic outlet syndrome 281
- throat, sore 219–221
- thrombocytopenia 434, 498–500,
552–553
autoimmune 553–554
pathogenesis 553
- thrombocytosis 554
- thrombolysis 123–124
- thrombosis 556–557
- thrombotic thrombocytopenic
purpura 554
- thrush 406–407
- thumb base osteoarthritis 347
- thyroid eye disease 310
- thyroid nodules 362–363
causes 362
investigations 363
- thyrotoxicosis 356–359
causes 357
clinical features 356–357
investigations 358
management 358–359
pathology 358
- tics 293
- tinea 483
tinea capitis 483
tinea corporis 483
tinea pedis 483
tinea unguium 513
- tinnitus 212–213
- tobacco smoking *see* smoking
- tonsillitis 219–220
- torticollis 292
- toxic epidermal necrolysis (TEN) 478
- toxic shock syndrome (TSS) 436,
437–438, 481
- toxicology *see* poisoning
- toxocariasis 471
- toxoplasmosis 425–426, 455–456
- trans fats 24
- transient ischemic attack (TIA) 266
- transjugular intrahepatic
portosystemic shunt (TIPS) 81
- translocations 1
Robertsonian 14
- travelers' diarrhea 38
- trematode infections 469
- tremor 292
- Treponema pallidum* 447
see also syphilis
- tri-fascicular block 166–167
- trichinosis 471
- trichonomiasis 407
- Trichophyton tonsurans* 483
- tricuspid regurgitation 157–158
- tricuspid stenosis 157
- tricyclic antidepressant overdose
391–392
- trigeminal neuralgia 217
- triplet repeat disorders 13
- trisomy 2–3, 21
- tropical infections 456–457
see also specific infections
- tropical ulcer disease 413–415
- trypanosomiasis 461–462
African 461
South American 461–462
- tuberculosis 206–207, 445–447
clinical features 445
drug resistance 207
HIV and 422
investigations 206–207, 446
management 207, 446
pathology 446
- tuberculous meningitis (TBM) 295
- tuberous sclerosis (TS) 8–9
diagnostic criteria 9
- turbinate hypertrophy 218–219
- Turner syndrome 3
- typhoid fever 36, 462
- ulcerative colitis 55–57
differential diagnosis 56–57
- ulcers 492
genital 410
oral 423
oropharyngeal 220
peptic ulcer disease 49–50
tropical ulcer disease 413–415
see also ulcerative colitis
- ulnar nerve entrapment 285
- unconscious patients 311
corneal protection 311
- unsaturated fats 24
- unsteadiness 293–294
- urethral discharge in men 400–404
- urethral prolapse 566
- urinary incontinence *see* incontinence
- urinary tract obstruction 593
- urine, difficulty passing
see micturition problems
- urticaria 478
- uveitis 301–302
- vaginal atrophy 566
- vaginal discharge 404–407
causes 405
management 405
- vaginal prolapse 566
- valvular disease 150–159
- variceal hemorrhage 60–61
- varicella-zoster virus (VZV) 452, 482
- vascular dementia (VD) 569–570
- vasculitis 97–98, 335
cutaneous 336
leukocytoclastic 336
- vasovagal syncope 169, 170, 562
- vegetables, dietary 23
- velo-cardio-facial syndrome 4
- venous ulcers 492

Index

- ventilation-perfusion (V/Q)
mismatch 587
- ventilatory support 582, 591
- ventricular tachycardia (VT) 140–142
- vertebral crush fracture 340–342
investigation 341
management 341–342
- vertigo 213
benign paroxysmal positional
(BPPV) 213–214
Menière's disease 214
- vesicoureteric reflux 91
- vestibular neuronitis 213
- vestibular schwannoma 211
- Vibrio cholerae* 466
- viral infections 449–455, 466–468
arboviruses 466–467
enteroviruses 454–455
gastrointestinal infections 35, 455
hepatitis 68, 69, 70–73, 73–75
herpesviruses 451–453
rashes 481–483
respiratory viruses 449–451
salivary glands 222
viral hemorrhagic fevers 467
see also infection, *specific infections*
- viridans streptococci 439
- vision
gradual loss of 307–309
age-related macular degeneration
307–308
- cataract 307
- diabetes 308–309
- optic neuropathy 309
- primary open angle glaucoma 309
- sudden loss of 303–307
amaurosis fugax 305
anterior ischemic optic
neuropathy (AION) 304–305
branch retinal vein occlusion
(BRVO) 304
central retinal artery occlusion
(CRAO) 303–304
central retinal vein occlusion
(CRVO) 304
optic neuritis 306–307
retinal detachment 307
signs 306
see also double vision
- vitamin B12 deficiency 540–541
- vitiligo 507
- vocal cords
benign lesions 221
palsy 222
- voice change 221–222
- vomiting
dying patients 609, 610
poisoning and 383
- von Willebrand's disease 558–559
- vulval intraepithelial neoplasia
(VIN) 518
- vulval micropapillae 409
- Waldenström's macroglobulinemia 535
- warfarin 172
- warts 514–516
anogenital 407–409
seborrhoeic 516
- water intake, excessive 116
- wax impaction 211–212
- Wegener's granulomatosis (WG)
97–98, 336–337
investigation 337
- weight gain 349–356
hypothyroidism 351–353
obesity 20–21, 349–351
- weight loss 356–361
Addison's disease 359–361
thyrotoxicosis 356–359
- weight management 21, 351
- white cell disorders 547–549
- whooping cough 443
- Williams syndrome 3–4
- Wilson's disease 292
- Wolff-Parkinson-White (WPW)
syndrome 136
- wrist pain 346
carpal tunnel syndrome 285
- X-linked conditions 12
- yaws 412–413
- yellow fever 466–467
- Yersinia* 442, 466