Volume 3, Number 1
January 2015
Infections Disease Updates
  • “Patient zero” for the current Ebola outbreak in West Africa
  • Houseflies and the spread of Ebola
  • Measles
Neurology Update
  • New and important research in the world of preventing dementia and reversing memory loss
  • The MEND program—Metabolic Enhancement for NeuroDegeneration
  • The many options of treating glioblastomas—finally, the future has arrived and it’s looking promising
Historical Highlight
  • Toothpaste
Nutritional Nuggets
  • Fish bites
  • Sharper vision, sharper minds with darker chocolate.
  • Coffee for the tremor of Parkinson’s disease
Neurology
  • Is the nose the entry point for neurodegenerative disease?
Numbers
  • Neuro numbers
  • Calories
Diabetes Updates
  • Kids. What are the A1C goals in children?
  • Screening criteria for kids with a risk for type 2 diabetes
Pharmacology Update

Volume 3, Number 2 & 3
February/March 2015
Physical Diagnosis Pearls
  • The Argyll Robertson Pupils
  • Anisocoria
Oncology Update
  • Lung cancer rates and altitude
Women's Health Issues
  • Soy for hot flashes—revisited and updated
  • And yet another mammography study
Infectious Disease
FAST FACTS—Hepatitis C Virus (HCV)
The Lifetime Costs of HV

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

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

Volume 3, Number 4
April 2015
- The TALL, the short, the FAT, the skinny
- Body Mass Index (BMI) (the FAT) and the risk of dementia …
- Height (the short) and coronary artery disease (CAD)
- The TALL and the risk of cancer

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

Medical Minutiae
- Mining human waste for chemicals and metals. Hmmm…

Nurse Practitioner Corner—a prescribing update on everything you need to know about NSAIDS (non-steroidal anti-inflammatory drugs)
- Duexis is the newest combination of ibuprofen/Motrin/Advil and famotidine/Pepcid
- HIGH GI RISK and HIGH CV risk?
- A few last notes on diclofenac

Physical Assessment Pearls
- In 6,000 patients presenting with acute fever, cough…

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

Infectious Disease
Traveling on the airlines anytime soon?
Volume 3, Number 5 & 6
May/June 2015

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

Summertime Is Melanoma Awareness and Prevention Season
- The rate diagnosis for melanoma has doubled in the past 30 years in the U.S.
- Mnemonics…here’s one for melanoma risk: MMRISK
- Using a herpes virus to slow the progress of melanoma
- What is meant by skin phototypes?

Treatment Updates
- Drug nonadherence—America’s “other” drug problem
- Ladies…Listen up! A drug for sexual dysfunction and low libido has been recommended for approval

Game Changers
- Treatment of hypercholesterolemia
- Stroke Game Changer

Wells Scoring Criteria for Pulmonary Embolism

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

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

Physical Assessment Pearls
- Scleral ictus
- Tea-colored urine
- Mneumonic to remember Pulmonic and Aortic murmurs

Numbers
- Belch
- Weight watching
- Drug testing

Women's Health Issues
- Gestational Diabetes Mellitus (GDM) and autism

Nutritional Nuggets
- Potatoes are getting a make-over

Tootsie Roll Trivia
Timeline for Longevity
In the Future
• VirScan—a test for previous exposures to all human-tropic viruses

Volume 3, Number 7  
July 2015  
Neurology Notes  
• Routine screening for dementia—is it cost-effective?  
• Let’s review the 10 warning signs of Alzheimer’s disease: (Alzheimer’s Association, 2015)  
• Low vitamin D levels and dementia  
• Neurological complications cause by “skinny jeans”…REALLY?  
Medical and Non-Minutiae  
• Let’s start with the non-medical minutiae  
• The Wonder Woman Stance. Hands on hips, feet spread out, and head up  
• Blue eyes and alcohol dependence  
Pharmacology Updates  
• ACE inhibitors for migraine prophylaxis  
• Preventing interferon-alpha (IFN-α)—induced depression with omega-3 fatty acids  
• A game changer for Chronic Heart Failure…LISTEN UP!  
Geriatric Gems  
• Falls in the elderly  
• What are the risk factors for falls?  
• The top 5 antibiotic classes prescribed in nursing homes  
Men’s Health  
• Older fathers and worse psychiatric and educational outcomes  
• Influenza in pregnant women and bipolar disorder risk in offspring  
Nutritional Nuggets  
• Need to remember what you just read in this newsletter?  

Volume 3, Number 8  
August 2015  
Neuro Nuggets  
• FACTORS that influence the risk of Alzheimer’s Disease (AD)—the GOOD and the BAD  
• BEDSIDE PREDICTORS of RISK of ASPIRATION after STROKE  
• PARKINSON’S DISEASE—What’s new and what do we know NOW?  
• Simple screening test for delirium and anybody can perform it  
Cardiac Quips  
• Valvular heart disease—a few pearls for the practitioner  
• Aortic stenosis (AS)  
• Mitral stenosis (MS)  
• BNP testing  
Liver Logic
• Finding the cause of biliary atresia (the lack of development of the bile duct system in the liver) and cirrhosis in young children.
• BIG Babies, BIG problems later in life
• TYPE 1 DIABETES—Can beta-cell function be preserved and the complete failure of the pancreas be delayed?

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

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

Women's Health Issues
• Risk of migraine and stroke in women—on and off combined oral contraceptives (COCs)

In Memoriam
• Frances Kathleen Oldham Kelsey, MD, PhD
• Oliver Wolf Sacks, MD, CBE, FRCP

Volume 3, Number 9& 10
September/October 2015

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

Women’s Reproductive Health
• The fertility calculator…what is the best age to start a 1-child, 2-child, or 3-child family?

Infectious Disease Update
• Ebola is now officially a sexually transmitted infection. YIKES

Women in Science/Medicine
• Margaret Hutchinson

Pharmaceuticals in Water

Gender Differences
• Attention Deficit Hyperactive Disorder—boys 13.2% vs. girls 5.6%
• Anorexia/eating disorders—8 to 1 female to male ratio
• Schizophrenia
• Tourette’s syndrome
Prostate Cancer Update
NP Corner—simple (albeit long-winded) approach to evaluating polyneuropathy
Polyneuropathy has an estimated prevalence of about 2% in the general population
  • WHAT TYPE? Sensory, motor, or autonomic?
  • More facts on specific neuropathies

Volume 3, Number 11
November 2015
Pharm Facts
  • 2014 was a landmark year for drug development
  • CoEnzyme Q10 supplementation
  • Montelukast (Singulair) and rejuvenating old brains
  • A new drug for patients with late-stage Parkinson’s disease
Nutritional Nuggets
  • Can you get sick from eating reheated rice?
  • Another use for omega-3 fatty acids?
Medical Minutiae
  • Drunk vegetarians
  • Speaking of drunk
  • Boys will be boys
  • Men will be men
  • Minutiae that is not medical, but interesting just the same
  • We’re smiling more
Infections Disease Updates
  • How many people in the community do we need to vaccinate to protect the community from an infectious disease?
  • Possible game changer in the world of HIV
Oncology Update
  • We knew it was coming
Neurology
  • La Bobera – “the foolishness”.
  • Simplifying acute stroke prognostication
Women of the Newsletter
  • Jean Nidetch

Volume 3, Number 12
December 2015
Numbers
Let’s start with a bit of holiday trivia
Gastrointestinal Updates
  • An update on fecal transplants
Genetics
  • Evolution and earwax
Medical Minutiae
- Coffee and circadian rhythms
- If you have been sitting more than two hours before you read this, stand up and finish reading the eBLURB

Physical Assessment Pearls
- Skin moles and breast cancer risk

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