

Contents

Preface	v
Acknowledgments	vii
1 Internal Medicine	1
Endocrinology	3
Pituitary Gland.....	3
Thyroid Gland.....	4
Parathyroid Gland.....	6
Adrenal Gland.....	7
Pancreas	8
Diabetes Mellitus (DM).....	8
Others	10
Drug Induced Endocrinal Disorders.....	10
Endocrinal Causes of Excessive Sweating.....	10
Gastrointestinal System	10
Musculature and Nerve Supply	10
Digestion	10
Hormones and Mediators.....	10
Secretions	11
Dysphagia.....	11
Esophageal Varices.....	12
Achalasia	12
Diffuse Esophageal Spasm	12
Plummer Vinson Syndrome	12
Peptic Ulcer Disease (PUD)	12
Celiac Sprue.....	13
Inflammatory Bowel Disease IBD	13
Irritable Bowel Syndrome (IBS)	13
Diarrhea	14
Colon Cancer.....	15
Familial Adenomatous Polyposis (FAP)	15
Diverticular Disease	16
Acute Pancreatitis.....	16
Chronic Pancreatitis	16
Pancreatic Cancer	16
Hepatology	17
Introduction	17
Hepatitis	17
Liver Cirrhosis.....	18
Hepatic Encephalopathy	19
Spontaneous Bacterial Peritonitis (SBP).....	20
Biliary Cirrhosis.....	20
Hepatocellular Carcinoma (Hepatoma).....	20
Jaundice.....	20

Congenital Hyperbilirubinemia	20
Drug Induced Hepatotoxicity	21
Hematology	21
Red Blood Cells (RBCs)	21
White Blood Cells (WBCs)	21
Platelets	22
Coagulation Cascade	23
Iron Deficiency Anemia	23
Megaloblastic Anemia	24
Hemolytic Anemia	24
Aplastic Anemia	24
Hypersplenism	24
Thalassemia	25
Sickle Cell Disease	25
Spherocytosis	26
G6PD Deficiency	26
Paroxysmal Nocturnal Hemoglobinuria (PNH)	26
Hemophilia	27
Idiopathic Thrombocytopenic Purpura (ITP)	27
Von Willebrand Disease (VWD)	27
Disseminated Intravascular Coagulopathy (DIC)	27
Antiphospholipid Antibody Syndrome	27
Thrombotic Thrombocytopenic Purpura (TTP)	27
Myeloproliferative Disorders	28
Henoch Schonlein Purpura	28
Multiple Myeloma	29
Leukemia	29
Lymphoma	30
Common Blood Transfusion Reactions	31
Renal System	31
Introduction	31
Fluid Measurements	31
Acid-base Balance	31
Electrolytes	32
Nephrotic Syndrome	32
Nephritic Syndrome	33
Urinary Tract Infection (UTI)	33
Interstitial Nephritis	34
Polycystic Kidney Disease (PKD)	34
Acute Renal Failure	34
Chronic Kidney Disease (CKD)	34
Nephro- and Uretero-Lithiasis	35
Renal Tubular Acidosis (RTA)	35
Renal Artery Stenosis (RAS)	35
Urinary Incontinence	36
Neurogenic Bladder	36
Drug-Induced Nephropathy	36
Nephrology Notes	36
Rheumatology	37
Rheumatoid Arthritis	37
Osteoarthritis	38
Systemic Lupus Erythematosus (SLE)	38
Polyarteritis Nodosa (P.A.N.)	39
Ankylosing Spondylitis	39
Reiter's Syndrome	39

Temporal Arteritis.....	39
Wegener Granulomatosis	40
Takayasau Disease	40
Behcet Syndrome.....	40
Dermatomyositis	40
Gout and Pseudogout.....	40
Scleroderma.....	41
Polymyalgia Rheumatica.....	41
Osteoporosis and Osteomalacia.....	41
Paget’s Disease of the Bone	41
Septic Arthritis	41
Fibromyalgia	42
Cardiovascular System	42
Introduction	42
Electrocardiogram Waves.....	42
Action Potentials	43
Cardiac Cycle	43
Heart Sounds.....	43
Heart Murmurs	43
Jugular Vein Waves.....	43
Important Equations	44
Hypertension	44
Congestive Heart Failure (CHF)	46
Atherosclerosis	48
Myocardial Infarction	48
Pericarditis.....	49
Pericardial Effusion and Tamponade	49
Rheumatic Fever	49
Endocarditis	49
Hypertrophic Obstructive Cardiomyopathy (HOCM)	50
Coarctation of the Aorta	50
Aortic Dissection	50
Aortic Aneurysm	51
Arrhythmias	51
Shock.....	54
Dyslipidemia.....	55
Neurology.....	55
Cerebral Cortex	55
Alzheimer’s Disease.....	56
Glioblastoma Multiforme.....	57
Pseudotumor Cerebri.....	57
Cavernous Sinus Thrombosis	57
Meningitis.....	57
Meningiomas	58
Hydrocephalus	58
Arnold-Chiari Malformation.....	59
Cerebrovascular Accident (CVA)	59
Intracranial Hemorrhage.....	60
Concussion	61
Spina Bifida	61
Craniopharyngioma	61
Cerebellar Lesions	61
Hypothalamus Lesions	61
Basal Ganglia Lesions	62
Midbrain Lesions	62

Pontine Lesions	63
Medullary Lesions	63
Tracts and Injuries.....	63
Spinal Cord Lesions	64
Cranial Nerves.....	65
Seizures.....	68
Muscular Disorders	69
Disc Prolapse.....	69
Carpal Tunnel Syndrome	69
Migraine	70
Nerve Injuries	70
Ophthalmology.....	71
E.N.T.....	71
Important Notes and Keywords.....	71
Respiratory System.....	72
Important Definitions.....	72
Pulmonary Function Tests (PFTs)	72
Dead Space.....	72
Respiratory Muscles	72
Compliance.....	72
Bronchio-Alveolar-Pulmonary System	72
Breathing and Gases.....	73
Asthma	73
Chronic Obstructive Pulmonary Disease (COPD).....	74
Respiratory Failure	74
Pneumothorax	74
Lung Cancer	75
Pneumonia.....	76
Bronchiectasis.....	77
Pulmonary Embolism	77
Pleural Diseases	77
Interstitial Lung Disease (ILD)	78
Silicosis and Asbestosis.....	78
Sarcoidosis.....	78
Tuberculosis (TB).....	79
Sleep Apnea.....	79
Solitary Lung Nodule	79
Cough.....	80
Drug-Induced Pulmonary Diseases	80
Infectious Diseases	80
Human Immunodeficiency Virus (HIV)	80
Rabies.....	81
Clostridium Tetani	81
Clostridium Difficile.....	81
Listeria Monocytogenes	82
Salmonella	82
Rickettsia.....	82
Bacillus Cereus	82
Cryptococcus Neoformans	82
Coccidioides Immitis	83
Entamoeba Histolytica	83
Giardia Lamblia	83
Plasmodium.....	83
Miscellaneous	83
Miscellaneous	84

2	Dermatology	87
	Skin Lesions	87
	Fungal Infections.....	88
	Tinea Capitis	88
	Tinea Corporis	88
	Tinea Cruris (Jock Itch).....	88
	Tinea Pedis	88
	Tinea Unguium (Onychomycosis)	89
	Tinea (Pityriasis) Versicolor	89
	Candida Albicans	89
	Notes	90
	Viral Infections	90
	Warts.....	90
	Molluscum Contagiosum	90
	Herpes Simplex.....	90
	Herpes Zoster	91
	Bacterial Infections.....	91
	Impetigo	91
	Erythrasma	92
	Erysipelas	92
	Erysipeloid.....	92
	Necrotizing Fasciitis	92
	Folliculitis.....	92
	Furunculosis.....	92
	Hidradenitis Suppurativa	92
	Paronychia.....	92
	Lupus Vulgaris	93
	Parasitic Infections	93
	Scabies.....	93
	Pediculosis (Lice).....	93
	Acne Vulgaris	93
	Acne Rosacea	93
	Allergic Skin Diseases.....	93
	Eczema	93
	Urticaria	94
	Erythema Multiforme.....	95
	Erythema Nodosum	95
	Toxic Epidermal Necrolysis.....	96
	Medication-Induced Skin Diseases	96
	Scaly Papular Diseases	96
	Psoriasis.....	96
	Pityriasis Rosea	96
	Lichen Planus	96
	Actinic (Senile) Keratosis	97
	Malignant Skin Diseases.....	97
	Basal Cell Carcinoma (BCC).....	97
	Squamous Cell Carcinoma (SCC).....	97
	Melanoma	97
	Miscellaneous	98
	Vitiligo.....	98
	Pemphigus Vulgaris	98
	Acanthosis Nigricans.....	99
	Lipoma	99
	Keloid.....	99
	Fibrosarcoma	99

Desmoid Tumor	99
Dermoid Cyst	99
Sebaceous Cyst	99
3 Obstetrics	101
Human Chorionic Gonadotrophin (HCG).....	101
Human Placental Lactogen (HPL)	102
Feto-Placenta Unit	102
Gametogenesis.....	102
Fertilization	103
Implantation.....	103
Umbilical Cord.....	103
Amniotic Fluid	103
Placenta	103
Blood	104
Amniocentesis.....	104
Diagnosis of Pregnancy	105
Maternal Changes During Pregnancy.....	105
Genital Tract	105
Breast Glands	105
Cardiovascular and Pulmonary Systems.....	105
Gastrointestinal System	105
Urinary System.....	106
Endocrine System	106
Skin	106
Metabolic Changes	106
Antenatal Care	106
Assessment of Fetal Wellbeing	106
Ultrasound	106
Cardiotocography (CTG).....	107
Non Stress Test.....	107
Intrapartum Assessment of Fetal Wellbeing.....	107
Abortion.....	107
Threatened Abortion	107
Inevitable Abortion	107
Septic Abortion	108
Missed Abortion.....	108
Habitual Abortion.....	108
Ectopic Pregnancy	108
Hydatidiform (Vesicular) Mole	109
Antepartum Hemorrhage	110
Vasa Previa.....	110
Placenta Previa	110
Abruptio Placenta	110
Premature Rupture of Membranes (PROM).....	111
Pre-Eclampsia.....	111
Gestational Diabetes	112
Rh Isoimmunization.....	112
Hyperemesis Gravidarum	112
Labor.....	112
Postpartum Hemorrhage	113
Amniotic Fluid Embolism	113
Puerperal Sepsis.....	113
Miscellaneous Notes.....	114
Thromboembolism	114

APGAR Score	114
Appendicitis During Pregnancy	114
Pre- and Post-Maturity	114
Postpartum Changes.....	114
Caput Succedaneum	114
Infections During Pregnancy	114
4 Gynecology	115
Estrogen	115
Progesterone	115
Androgen.....	115
Gonadotrophins	116
Menstrual Cycle.....	116
Puberty	116
Precocious Puberty	116
Menopause	118
Amenorrhea.....	118
Polycystic Ovarian Syndrome (PCOS).....	119
Induction of Ovulation	119
Dysfunctional Uterine Bleeding (DUB).....	119
Infertility	120
Contraception.....	121
Dysmenorrhea	122
Endometriosis.....	123
Genital Prolapse	123
Retroverted Flexed Uterus (RVF)	124
Recto-Vaginal Fistula.....	124
Vesico-Vaginal Fistula.....	124
Stress Incontinence	124
Genital Infections	125
Chlamydia	125
Gonorrhea	125
Bacterial Vaginosis (BV).....	125
Pelvic Inflammatory Disease (PID)	126
Haemophilus Ducreyi.....	126
Candida Albicans	126
Trichomonas Vaginalis.....	126
Herpes Simplex Virus (HSV)	126
Human Papillomavirus (HPV)	126
Molluscum Contagiosum	127
Leiomyoma (Fibroids).....	127
Cervical Intraepithelial Neoplasia (CIN).....	127
Cervical Cancer	128
Endometrial Cancer.....	129
Ovarian Tumors	129
Functional Cysts.....	129
Epithelial Tumors	129
Sex cord-Stromal Tumors.....	129
Germ Cell Tumors.....	129
Others	130
Clinical Picture	130
Diagnosis.....	130
Diagnosis Key and Notes	130
Treatment	130
Notes	130

Choriocarcinoma	130
Non-Neoplastic Epithelial Disorders of the Vulva	131
Paget's Disease of the Vulva	131
Carcinoma of the Vulva.....	131
5 Surgery.....	133
Gastrointestinal System.....	134
Pharyngeal (Zenker) Diverticulum	134
Congenital Esophageal Atresia.....	134
Hiatus Hernia	134
Post-Corrosive Esophageal Stricture	135
Esophageal Cancer	135
Congenital Hypertrophic Pyloric Stenosis (CHPS).....	135
Stomach Cancer	135
Splenic Rupture.....	136
Gall Stones	136
Cholecystitis	136
Random Biliary Notes.....	137
Mesenteric Cysts.....	137
Intestinal Obstruction.....	137
Volvulus	138
Intussusception.....	138
Mesenteric Ischemia	138
Acute Appendicitis	139
Meckel's Diverticulum.....	139
Hirschsprung's Disease (Congenital Megacolon)	139
Hemorrhoids	140
Anal Fissure	140
Anal Fistula.....	141
Ischiorectal Abscess.....	141
Imperforate Anus	141
Pilonidal Sinus.....	141
Carcinoid Tumor.....	141
Hernia.....	141
Random GI Notes.....	142
Urinary System.....	142
Bladder and Urethra Trauma	142
Benign Prostatic Hypertrophy (BPH).....	142
Prostate Cancer	143
Renal Cell Carcinoma (Hypernephroma)	143
Wilm's Tumor (Nephroblastoma)	144
Cancer of the Urinary Bladder	144
Horseshoe Kidney	144
Testes.....	144
Undescended Testes (Cryptorchidism)	144
Epispadias	144
Hypospadias.....	144
Varicocele.....	144
Hydrocele	145
Testicular Torsion	145
Epididymorchitis	145
Testicular Cancer.....	145
Breast	146
Breast Cancer	146
Fibrocystic Disease (Fibroadenosis).....	147

Mastitis.....	147
Gynecomastia	147
Duct Papilloma.....	148
Fibroadenoma	148
Traumatic Fat Necrosis	148
Notes	148
Hand Infections.....	148
Tongue	148
Ulcers	148
Cysts.....	148
Tongue Cancer	148
Salivary Glands	149
Introduction	149
Sialolithiasis.....	149
Sialoadenitis	149
Ludwig Angina	149
Salivary Tumors	149
Head and Neck.....	149
Cleft Lip	149
Cleft Palate	149
Hemangioma	150
Cystic Hygroma.....	150
Others	150
Venous System.....	150
Varicose Veins	150
Deep Venous Thrombosis (DVT)	151
Arterial System	151
Atherosclerosis	151
Peripheral Vascular Disease (PVD)	151
Thromboangiitis Obliterans (Buerger's Disease)	152
Gangrene	152
Raynaud's Disease.....	152
Crush Syndrome (Traumatic Rhabdomyolysis).....	153
Thoracic Outlet Syndrome	153
Lymphatic System	153
Lymphadenitis.....	153
Lymphedema	153
Bones and Fractures	153
Fracture of the Skull Base	153
Rib Fractures.....	154
Spondylosis.....	154
Spondylolysis.....	154
Clavicular Fracture.....	154
Supracondylar Fracture of Humerus.....	154
Nursemaid Elbow	154
Compartment Syndrome	154
Scaphoid Fracture	154
Colle's Fracture	155
Dupuytren Contracture	155
Miscellaneous Upper Limb Injuries.....	155
Femoral Neck Fracture	155
Knee Injuries	155
Osgood Schlatter Disease	155
Slipped Capital Femoral Epiphysis.....	155
Miscellaneous Lower Limb Injuries.....	156

	Osteomyelitis	156
	Bone Tumors	156
	Emergencies	156
	Burns	156
	ABCD of Emergency	157
	Toxicology	157
6	Pediatrics	159
	Breast Feeding	160
	Introduction	160
	Advantages of Human Milk	160
	Non-Human Milk	160
	Forms of Feeding	160
	Weight	160
	Troubleshooting	161
	Notes	161
	Development	161
	Cardiovascular System	161
	Embryology	161
	Persistent Truncus Arteriosus	162
	Transposition of Great Arteries (TGA)	162
	Tetralogy of Fallot	163
	Ebstein Anomaly	163
	Ventricular Septal Defect (VSD)	163
	Atrial Septal Defect (ASD)	163
	Patent Ductus Arteriosus (PDA)	163
	Hypoplastic Right Heart Syndrome	163
	Hypoplastic Left Heart Syndrome	163
	Respiratory System	164
	Hyaline Membrane Disease (Respiratory Distress Syndrome)	164
	Cystic Fibrosis	164
	Alpha-1 Anti-Trypsin Deficiency	164
	Kartagener's Syndrome (Immotile Cilia Syndrome)	164
	Infectious Diseases	165
	Croup	165
	Epiglottitis	165
	Bronchiolitis	165
	Whooping Cough (Pertussis)	166
	Scarlet Fever (Scarlatina)	166
	Botulism	167
	Diphtheria	167
	Lyme Disease	167
	Rocky Mountain Spotted Fever	168
	Infectious Mononucleosis	168
	Measles	168
	Mumps	168
	Roseola Infantum (Exanthem Subitum)	168
	Erythema Infectiosum (Fifth Disease)	168
	Chicken Pox	168
	Syphilis	169
	Herpangina	170
	Immunization	170
	Neurology	170
	Cerebral Palsy	170
	Craniostenosis	171

Febrile Convulsions.....	171
Retinoblastoma (Cat Eye).....	171
Retinitis Pigmentosa.....	171
Miscellaneous.....	171
Musculoskeletal System.....	171
Duchenne Muscular Dystrophy (DMD).....	171
Marfan Syndrome.....	172
Ehler-Danlos Syndrome.....	172
Osteogenesis Imperfecta.....	172
Developmental Dysplasia of the Hip (DDH).....	172
Achondroplasia.....	172
Congenital Absence of Muscles.....	173
Genetic Disorders.....	173
Down's Syndrome.....	173
Edward's Syndrome.....	173
Patau's Syndrome.....	173
Turner Syndrome.....	174
Klinefelter Syndrome.....	174
Fragile X Syndrome.....	174
Ornithine Transcarbamoylase Deficiency.....	174
Alport Syndrome.....	174
Cri-du-Chat Syndrome.....	174
Wolf-Hirshhorn Syndrome.....	174
Prader-Willi Syndrome.....	175
Angelman Syndrome (Happy Puppet Syndrome).....	175
DiGeorge's Syndrome.....	175
Von Hippel Lindau Syndrome (VHL).....	175
Phenylketonuria (PKU).....	175
Galactosemia.....	175
Albinism.....	176
Apert Syndrome.....	176
Neurofibromatosis.....	176
Tuberous Sclerosis.....	176
Xeroderma Pigmentosum.....	176
Hereditary Non-Polyposis Colon Cancer (HNPCC).....	176
Leber's Optic Neuropathy.....	177
Spotlight on Famous Oncogenes.....	177
Immunological Diseases.....	177
Introduction.....	177
Bruton's Agammaglobulinemia.....	177
Selective Ig Deficiency.....	177
Wiskott-Aldrich Syndrome.....	177
Severe Combined Immunodeficiency (SCID).....	178
Chronic Granulomatous Disease (CGD).....	178
Chediak-Higashi Syndrome.....	178
Leukocyte Adhesion Deficiency.....	178
Transient Hypogammaglobulinemia.....	178
Chronic Mucocutaneous Candidiasis.....	178
Ataxia-Telangiectasia Syndrome.....	178
C1 Esterase Inhibitor Deficiency.....	178
C5-C9 Deficiency.....	178
Neonatology.....	178
Normal Full Term Features.....	178
Neonatal Sepsis.....	179
Congenital Infections and Drug Induced Disorders.....	179

	Hemorrhagic Disease of the Newborn.....	180
	Physiological Anemia of Infancy.....	180
	Neonatal Necrotizing Enterocolitis.....	180
	Neonatal Jaundice.....	180
	Kernicterus.....	181
	Miscellaneous.....	181
7	Psychiatry.....	183
	Introduction.....	184
	Axes of Mental Disorders.....	184
	Targets of Doctor-Patient Interview.....	184
	Important Definitions.....	184
	Tests.....	184
	Age.....	185
	Child Development.....	185
	Aging.....	185
	Development Disorders.....	186
	Attention Deficient Hyperactivity Disorder (ADHD).....	186
	Conduct Disorder.....	186
	Oppositional Defiant Disorder.....	186
	Autistic Disorder.....	186
	Rett Disorder.....	186
	Tourette's Disorder.....	186
	Separation Anxiety Disorder.....	186
	Abuse.....	186
	Child Physical Abuse.....	186
	Child Sexual Abuse.....	187
	Others.....	187
	Drug and Alcohol Abuse.....	187
	Sleep.....	188
	Sleep Waves and Stages.....	188
	Regulation of Sleep.....	188
	Sleep Disorders.....	188
	Delirium.....	189
	Introduction.....	189
	Clinical Picture.....	189
	Treatment.....	189
	Schizophrenia.....	189
	Introduction.....	189
	Pathology.....	189
	Clinical Picture.....	189
	Types of Symptoms.....	189
	Notes.....	190
	Mood Disorders.....	190
	Major Depressive Disorder.....	190
	Bipolar Disorder.....	190
	Personality and Pain Disorders.....	191
	Personality Disorders.....	191
	Pain (Somatoform) Disorders.....	191
	Defense Psychology.....	191
	Defense Mechanisms.....	191
	Dissociation.....	192
	Eating Disorders.....	192
	Introduction.....	192

Anorexia Nervosa.....	192
Bulimia Nervosa.....	193
Treatment.....	193
Sex.....	193
Gender Identity and Role.....	193
Sex Cycle.....	193
Sexual Disorders.....	193
Important Disorders.....	193
Obsessive Compulsive Disorder (OCD).....	193
Panic Attacks.....	194
Phobia.....	194
Post-Traumatic Stress Disorder (PTSD).....	194
Generalized Anxiety Disorder.....	194
Medically-Induced Psychological Disorders.....	194
Behavioral and Cognitive Therapy.....	194
Extinction.....	194
Reinforcement.....	194
Psychopharmacology.....	195
Introduction.....	195
Tricyclic Antidepressants (TCA).....	195
Selective Serotonin Reuptake Inhibitors (SSRI).....	195
Monoamine Oxidase Inhibitors (MAOI).....	195
Mood Stabilizers.....	195
Ethics.....	196
Living Will.....	196
Durable Power of Attorney.....	196
Surrogate Decision.....	196
Euthanasia.....	196
Children.....	196
Pregnant.....	197
Criminal Law.....	197
Miscellaneous Ethics Issues.....	197
Health Insurance.....	198
Miscellaneous.....	198
Freud’s Theories of the Mind.....	198
Kubler Ross Stages of Dying.....	198
Grief Reactions.....	198
Important Disorders.....	198
Alcoholism and CAGE Questionnaire.....	198
Doctor-Patient Relationship.....	198
Important Theorists.....	198
Others.....	199
Index.....	201