TREATING “NORMOTENSIVES” AS HYPERTENSIVE

Sodium Intake

Sodium Intake

TREATING CLINICAL DEPRESSION

Major (unipolar) depressive disorder is a common, heterogeneous clinical disorder, with variable presentations (elderly patients tend to somatize, or other dramatic body movements; gradual onset of episode; extended duration of episode (true seizures typically last only for seconds or a couple of minutes); recall of episode after attack, absence of injuries (true seizures are associated with tongue bites or shoulder dislocation, but pseudo-seizures are associated with skin abrasions from rubbing on the floor); tachypnea (true seizures are more often associated with apnea); absence of incontinence.

Should We Retire CPR?

In a provocative editorial, Grant Hardy, M.F.A. (Medicine, 2001), forcefully outlines the case against CPR. CPR’s real-world therapeutic value remains unproven, despite its ever-expanding use, outcomes for which are often less satisfying than expected. CPR should be largely removed as an option for the patient and death by cardiac arrest. It can be difficult to decide when CPR should be continued. The guidelines should guide, not decide.

Digoxin Use in ESRD

Finally, a study appears to nail the poor prognostic outcomes associated with digoxin treatment in dialysis patients. This, after the controversy (and muddied waters) resulting from the DIG trial, the PACES study (kidney failure sub-group analysis) and countless case reports. Chan et al. (J Am Soc Nephrol, 2010) studied survival amongst 120,864 hemodialysis patients, which demonstrated that digoxin use was associated with heightened mortality (kidney failure sub-group analysis) and countless case reports. Chan et al. (J Am Soc Nephrol, 2010) studied survival amongst 120,864 hemodialysis patients, which demonstrated that digoxin use was associated with heightened mortality.

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**ANTIBIOTICS FOR ACUTELY OTITIS MEDIA**

Intravenous and oral antibiotics have long been relied upon to treat bacterial infections, but the evidence for this practice is lacking. The practice of using antibiotics has been criticized for various reasons, including the development of antibiotic resistance, the overuse of antibiotics, and the potential for harm to patients. The practice of using antibiotics to treat otitis media (a bacterial infection of the middle ear) is an example of this criticism. The use of antibiotics for otitis media has been shown to be ineffective and potentially harmful.

**SEVERE HYPOGLYCEMIA IN DIABETIC PATIENTS**

Hypoglycemia is of a low glucose concentration, can lead to serious and potentially life-threatening complications, including neurological symptoms, cardiovascular effects, and respiratory problems. The incidence of hypoglycemia is higher in diabetic patients than in the general population.

**ARCHIVAL WISDOM: FLUID RESTRICTION IN DIALYSIS PATIENTS**

Dehydration is a common and often lifelong complication of chronic kidney disease. The need for fluid restriction in patients undergoing dialysis treatment is well established.

**FAILURE OF NITRIC OXIDE IN SICKLE CRISIS**

Sickle cell disease is a genetic disorder that affects the production of hemoglobin, the protein that carries oxygen in the blood. People with sickle cell disease have sickle-shaped red blood cells, which can get stuck in small blood vessels and cause pain and damage to the body.

**ACETAMINOPHEN FOR CRUSH INJURY: WHO COULD HAVE THOUGHT THAT?**

Acetaminophen (also known as paracetamol) is a non-prescription pain reliever and fever reducer. It is widely used for various conditions, including headache, dental pain, arthritis, and muscular aches and pains.

**DEPARTMENT OF NEW DRUGS: DABIGATRAN**

The new anticoagulant drug dabigatran has been approved by the FDA for the prevention of stroke in patients with atrial fibrillation. It is a direct thrombin inhibitor and is effective at preventing stroke and other thrombotic events.

**OF MICE AND (WOMEN)**

In a paper from San Francisco, Bullard et al, 2010, provide evidence that in health and in disease, women do rail female animals are more tolerant of trauma as well as extreme blood loss than male animals, and the organ-protective effects are traceable to rapidly triggered non-genomic effects of estradiol in response to tissue damage. The erythropoiesis response is triggered in male mice by post-erosion erythropoiesis stimulation. In the ICLA, a parallel observation to the better outcome observed in women following sepsis, injury and blood loss when compared to their male peers. The authors suggest that for improved survival, men ought to be more like women.

**REHATHENING THE PERILS OF SMOKING**

Smoking is the #1 preventable cause of death in America. Smoking as a risk factor was demonstrated in many studies followed by the past few decades. Further, smoking as a risk factor is associated with the occurrence of many chronic diseases, including cancer, heart disease, stroke, and chronic obstructive pulmonary disease.

**TIMELY REMINDER: PROPER USE OF D-DIMER TEST**

Pulmonary embolism is a potentially life-threatening condition that can cause sudden death if not treated promptly. The D-dimer test is a sensitive and specific blood test that can help diagnose pulmonary embolism. However, it is important to use the test correctly and interpret the results accurately to avoid unnecessary treatment or missed diagnosis.