

Welcome to my second "Bog Blog" of 2019 - designed to be printed out and put on the back of the loo door! It's a pot-pourri of things I have learned/re-learned/asked about/thought about recently. The content will mainly be relevant to GP & EM, but hopefully there'll be something relevant to any clinician

A #FOAMed production by
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Summer Snippets

Download PDF at
www.LindaDykes.org/downloads

ADDISON'S DISEASE

Find yourself thinking a patient looks a funny colour? Kind of... pigmented? Stop and think - could it be Addison's Disease? Check the U&E - and remember you don't always get hyperkalaemia along with hyponatraemia in this disease.

WEIRD FACT OF THE DAY

Patients who have had a hysterectomy (but still have ovaries, obviously) can get pregnant. Honestly, truly: there was an astonishing scan of a near-term intra-hepatic pregnancy circulating medical Twitter recently. How? Well, the vagina is sealed off surgically, but it takes only one pesky little sperm and a microscopic defect in the closure... and you can get a spectacular ectopic pregnancy that nobody is expecting.

SOLAR KERATOSIS

Can start out as a nodule that looks remarkably like a BCC, until its owner scratches the top off. I can 100% vouch for this!

TEMPORAL ARTERITIS

Gets a bit more complicated when you realise that temporal artery biopsy isn't a very good "Gold Standard" - it can miss lesions. Ultrasound is being evaluated. And neither CRP nor ESR are infallible as rule-outs: you're wise to check both if TA suspected. New international guidelines due soon.

URTICARIA

- About one third of cases occur after infections, with adverse drug reactions the next most common. It's almost never due to food allergy (but can be due to stress!)
- Don't use steroids - they don't help, but do cause morbidity. Don't use piriton either!
- Don't use fexafenadine - it's not very good at blocking cutaneous histamine
- Do use cetirizine at a decent dose - allergy experts recommend 20mg BD and say there's even some evidence for 40mg BD. Refer if it continues more than 6 weeks.

GUILLAIN-BARRÉ SYNDROME

GBS can affect the nervous system in any way it jolly well likes - including the arms first (or only). Differentials might include paraneoplastic neuropathy, but your friendly neighbourhood neurophysiologist can help determine which it is - myelin is affected in one, axons the other.

ENTEROVIRUS D68

Can cause polio-like flaccid paralysis as well as severe respiratory illness. And it was found in Wales recently...

SCAR CARE

Do you remind patients to make sure they apply high-factor sunblock to new and maturing scars? Or to massage them firmly?

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