

# Contents

## 1. CARDIOLOGY 1

|   |     |
|---|-----|
| Introduction, Symptomatology and Clinical Examination | 1   |
| Conduction System of the Heart                        | 20  |
| Electrocardiogram                                     | 21  |
| Ischemic Heart Disease                                | 28  |
| Hypertension  | 52  |
| Acute Rheumatic Fever                                 | 66  |
| Valvular Heart Disease                                | 73  |
| Mitral Stenosis                                       | 74  |
| Mitral Regurgitation                                  | 82  |
| Mitral Valve Prolapse                                 | 87  |
| Aortic Stenosis                                       | 88  |
| Aortic Regurgitation                                  | 92  |
| Infective Endocarditis                                | 101 |
| Heart Failure   | 110 |
| Cardiac Arrhythmias                                   | 124 |
| Diseases of the Myocardium                            | 137 |
| Cardiomyopathy  | 138 |
| Congenital Heart Diseases                             | 143 |
| Diseases of the Pericardium                           | 152 |
| Pulmonary Hypertension                                | 158 |
| Sudden Cardiac Death                                  | 159 |
| Cardiac Arrest  | 160 |
| Syncope   | 163 |
| Cor Pulmonale   | 164 |
| Diseases of Vessels                                   | 165 |
| Raynaud's Phenomenon and Raynaud's Disease            | 167 |
| Circulatory Failure: Shock                            | 169 |
| Pulmonary Embolism and Venous Thrombosis              | 173 |
| Disorders of Blood Lipids and Lipoproteins            | 178 |

## 2. RESPIRATORY SYSTEM AND TUBERCULOSIS 187

|  |     |
|--|-----|
| Introduction, Basic Approach, Symptomatology, and Investigations | 187 |
| Respiratory (Pulmonary) Function Tests                           | 191 |
| Bronchial Asthma   | 195 |
| Chronic Obstructive Pulmonary Disease                            | 215 |
| Cigarette Smoking  | 228 |
| Pulmonary Tuberculosis   | 229 |
| Extrapulmonary Tuberculosis                                      | 250 |
| Suppurative Lung Disease   | 255 |
| Pleural Effusion   | 268 |
| Pneumothorax   | 278 |
| Pneumonia  | 282 |
| Diffuse Parenchymal Lung Disease/<br>Interstitial Lung Disease   | 299 |

|  |     |
|--|-----|
| Lung Cancer (Bronchial Carcinoma)                                | 308 |
| Mediastinum  | 319 |
| Respiratory Failure  | 321 |
| Sleep Apnea/Hypopnea Syndrome                                    | 324 |
| Acute Lung Injury and the Acute Respiratory<br>Distress Syndrome | 329 |
| Pulmonary Eosinophilic Syndromes                                 | 345 |

## 3. INFECTIOUS DISEASES 350

|  |     |
|--|-----|
| Bacterial Infections   | 350 |
| Streptococcal Infections   | 350 |
| Enterococci  | 352 |
| Staphylococci  | 352 |
| Community-acquired Methicillin-resistant<br><i>Staphylococcus aureus</i> (CA-MRSA) | 352 |
| Meningococcal Infections   | 353 |
| Diphtheria   | 353 |
| Tetanus  | 354 |
| Anthrax  | 356 |
| Plague   | 357 |
| Botulism   | 359 |
| Whooping Cough   | 359 |
| Enteric Fever  | 361 |
| Food Poisoning   | 363 |
| Dysentery  | 364 |
| Amebiasis  | 365 |
| Brucellosis  | 367 |
| Cholera  | 369 |
| Leptospirosis  | 370 |
| Weil's Syndrome  | 372 |
| Meliodosis   | 373 |
| Rickettsial Diseases   | 374 |
| Viral Infections   | 374 |
| Measles  | 374 |
| Rubella (German Measles)   | 376 |
| Mumps  | 378 |
| Herpes Viruses Infecting Humans  | 378 |
| Infectious Mononucleosis (Glandular Fever)   | 378 |
| Chickenpox (Varicella)   | 380 |
| Shingles (Herpes Zoster)   | 382 |
| Prevention   | 383 |
| Human Papillomaviruses   | 383 |
| Arthropod-Borne Viruses (Arboviruses)  | 384 |
| Dengue   | 385 |
| Chikungunya  | 390 |
| Japanese Encephalitis  | 391 |
| Smallpox (Variola)   | 392 |



|   |            |   |            |
|---|------------|---|------------|
| Abdominal Tuberculosis  | 531        | Spondyloarthropathies (Spondyloarthritides)                     | 687        |
| Ulcers in Intestine   | 533        | Adult-Onset Still's Disease                                     | 694        |
| Inflammatory Bowel Disease  | 533        | Juvenile Idiopathic Arthritis/<br>Juvenile Rheumatoid Arthritis | 694        |
| Ulcerative Colitis  | 534        | Vasculitis  | 695        |
| Crohn's Disease   | 539        | Osteoarthritis  | 703        |
| Toxic Megacolon   | 542        | Systemic Sclerosis (Scleroderma)                                | 706        |
| Probiotics and Prebiotics   | 544        | Sjögren's Syndrome  | 710        |
| Miscellaneous Topics  | 545        | Crystal Arthropathies   | 711        |
| Gardner's Syndrome  | 545        | Osteoporosis  | 716        |
| Peutz-Jeghers Syndrome  | 546        | Antiphospholipid Antibody Syndrome                              | 719        |
| Indications, Contraindications and Complications<br>of Upper Gastrointestinal Endoscopy | 546        | Inflammatory Muscle Diseases                                    | 721        |
| Indications for Colonoscopy   | 546        |   |            |
| Protein-losing Enteropathy  | 546        | <b>9. HEMATOLOGY</b>  | <b>724</b> |
| Generalized Abdominal Distension  | 547        | <b>Disorders of Red Blood Cell</b>                              | <b>724</b> |
| Causes of Oral Ulceration   | 547        | Introduction  | 724        |
| Disorders of Pituitary and Hypothalamus   | 986        | Anemia  | 725        |
| Pituitary Hormones and their Principal Actions  | 986        | Iron Metabolism   | 729        |
| Hypopituitarism   | 986        | Iron Deficiency Anemia (IDA)                                    | 732        |
|   |            | Macrocytic Anemia   | 736        |
| <b>6. HEPATOBILIARY SYSTEM</b>  | <b>548</b> | Hemolytic Anemias   | 744        |
| Liver Function Tests  | 548        | <b>Disorders of White Blood Cell</b>                            | <b>764</b> |
| Diagnostic Procedures   | 552        | Acute Leukemias   | 766        |
| Jaundice  | 554        | Chronic Myeloid Leukemia  | 776        |
| Viral Hepatitis   | 561        | Chronic Lymphocytic Leukemia                                    | 779        |
| Chronic Hepatitis   | 568        | Myeloproliferative Neoplasms                                    | 782        |
| Acute Liver Failure   | 576        | Myelodysplastic Syndromes                                       | 787        |
| Fatty Liver   | 578        | Plasma Cell Neoplasms   | 789        |
| Alcoholic Liver Disease   | 581        | Hodgkin Lymphoma  | 795        |
| Cirrhosis   | 583        | Non-Hodgkin Lymphoma  | 798        |
| Portal Hypertension   | 592        | Hematopoietic Stem Cell Transplantation                         | 803        |
| Hepatic Encephalopathy  | 599        | Drugs used in Hematological Diseases                            | 807        |
| Ascites   | 607        | Generalized Lymphadenopathy                                     | 813        |
| Drug and Toxin-induced Hepatitis  | 617        | Hemostasis  | 814        |
| Hepatic Venous Outflow Tract Obstruction  | 619        | Bleeding Disorders (Hemorrhagic Diathesis)                      | 817        |
| Hepatocellular Carcinoma  | 622        | <b>Disorders of Platelets</b>                                   | <b>819</b> |
| Liver Transplantation   | 623        | Thrombocytopenia  | 819        |
| Pyogenic Abscess  | 624        | <b>Disorders of Coagulation (Clotting)</b>                      | <b>824</b> |
| Amebic Liver Abscess  | 625        | Microangiopathic Hemolytic States and<br>Thrombocytopenias      | 828        |
| Metabolic Liver Disease   | 627        | Transfusion Medicine  | 833        |
| Hepatic Disorders of Pregnancy  | 634        |   |            |
| Cholecystitis   | 635        | <b>10. KIDNEY</b>   | <b>843</b> |
| Cholelithiasis  | 637        | Approach to Renal Diseases                                      | 844        |
|   |            | Acute Kidney Injury (Acute Renal Failure)                       | 853        |
| <b>7. PANCREAS</b>  | <b>640</b> | Glomerulonephritis  | 861        |
| Pancreatitis  | 640        | Nephrotic Syndrome  | 866        |
| Pancreatic Cancer   | 650        | Tubulointerstitial Diseases                                     | 871        |
| Endocrine Tumors of Pancreas/<br>Pancreatic Neuroendocrine Tumors (PNETS)               | 652        | Renal Tubular Acidosis  | 873        |
|   |            | Chronic Kidney Disease  | 875        |
| <b>8. RHEUMATOLOGY AND CONNECTIVE TISSUE<br/>DISORDERS</b>                              | <b>656</b> | Cystic Diseases of Kidney                                       | 885        |
| Introduction  | 656        | Obstructive Uropathy  | 886        |
| Rheumatoid Arthritis  | 670        | Nephrolithiasis   | 886        |
| Systemic Lupus Erythematosus  | 679        | Urinary Tract Infections  | 889        |
|   |            | Renal Replacement Therapies                                     | 896        |

|   |            |  |             |
|---|------------|--|-------------|
| <b>11. FLUID AND ELECTROLYTE DISTURBANCES</b>           | <b>904</b> |  |             |
| Disorders of Water Balance                              | 904        | Subclinical Thyroid Diseases   | 1016        |
| Assessing Volume Status                                 | 906        | Thyroiditis  | 1017        |
| Volume Depletion (Hypovolemia)                          | 908        | Subacute Thyroiditis (De Quervain's<br>Thyroiditis)  | 1017        |
| Volume Expansion (Hypervolemia)                         | 910        | Hashimoto's Thyroiditis  | 1018        |
| Disorders of Sodium Balance                             | 915        | Riedel's Thyroiditis (Sclerosing<br>Thyroiditis/Ligneous Thyroiditis/<br>Invasive Fibrous Thyroiditis) | 1019        |
| Disorders of Potassium Balance                          | 925        | Goiter   | 1020        |
| Approach to Acid-Base Disorder                          | 933        | Simple (Nontoxic) Goiter   | 1020        |
|   |            | Diffuse Nontoxic (Simple) Goiter   | 1020        |
| <b>12. DIABETES MELLITUS</b>                            | <b>941</b> | Parathyroid Disorders  | 1021        |
| Introduction  | 941        | Calcium Homeostasis  | 1021        |
| Classification and Etiology                             | 941        | Hyperparathyroidism  | 1022        |
| Etiopathogenesis of Type 1 Diabetes Mellitus            | 943        | Hypercalcemia  | 1026        |
| Pathogenesis of Type 2 Diabetes Mellitus                | 944        | Hypoparathyroidism   | 1027        |
| Clinical Features of Diabetes Mellitus                  | 946        | Tetany   | 1028        |
| Latent Autoimmune Diabetes in Adults                    | 947        | Pseudohypoparathyroidism   | 1029        |
| Maturity-Onset Diabetes of the Young                    | 948        | Adrenal Gland Disorders  | 1030        |
| Diagnosis of Diabetes Mellitus                          | 950        | Hormones Secreted by the Adrenal Gland   | 1030        |
| Management of Diabetes Mellitus                         | 953        | Cushing's Syndrome   | 1030        |
| Oral Hypoglycemic (Glucose-Lowering) Drugs              | 954        | Nelson's Syndrome  | 1034        |
| Insulin Treatment                                       | 960        | Hyperaldosteronism/Conn's Syndrome   | 1034        |
| Complications of Diabetes                               | 968        | Primary Hyperaldosteronism   | 1035        |
| Diabetic Ketoacidosis                                   | 968        | Secondary Hyperaldosteronism   | 1036        |
| Hyperosmolar Hyperglycemic State                        | 972        | Adrenocortical Insufficiency   | 1036        |
| Lactic Acidosis   | 973        | Addison's Disease  | 1036        |
| Hypoglycemia  | 973        | Acute Adrenal Crisis/Addisonian Crisis   | 1039        |
| Chronic Complications of Diabetes                       | 976        | Steroid Therapy  | 1040        |
| Gestational Diabetes Mellitus                           | 983        | Waterhouse–Friderichsen Syndrome   | 1040        |
| Metabolic Syndrome                                      | 984        | Pheochromocytoma   | 1041        |
|   |            | Gonadal Disorders  | 1043        |
| <b>13. ENDOCRINOLOGY</b>                                | <b>986</b> | Male Hypogonadism  | 1043        |
| Disorders of Pituitary and Hypothalamus                 | 986        | Impotence  | 1044        |
| Pituitary Hormones and their Principal Actions          | 986        | Gynecomastia   | 1044        |
| Hypopituitarism   | 986        | Short Stature  | 1045        |
| Sheehan's Syndrome                                      | 989        | Tall Stature   | 1046        |
| Empty Sella Syndrome                                    | 989        |  |             |
| Kallmann Syndrome                                       | 990        | <b>14. ONCOLOGY</b>  | <b>1047</b> |
| Growth Hormone Therapy                                  | 990        | Cell Cycle   | 1047        |
| Pituitary Apoplexy                                      | 990        | Genetic Basis of Transformation of a<br>Normal Cell into a Malignant Cell                              | 1050        |
| Pituitary Tumors  | 991        | Cancer Screening and Prevention  | 1055        |
| Acromegaly  | 992        | Diagnosis and Staging of Cancer  | 1056        |
| Prolactinoma  | 996        | Cancer Treatment   | 1060        |
| Diabetes Insipidus                                      | 998        | Oncologic Emergencies  | 1072        |
| Thyroid Disorders                                       | 1000       | Paraneoplastic Syndromes   | 1073        |
| Thyroid Function Tests                                  | 1000       | Cancer Pain  | 1077        |
| Thyrotoxicosis  | 1002       | End-of-Life Care   | 1083        |
| Hyperthyroid Crisis/Thyrotoxic Crisis/<br>Thyroid Storm | 1011       |  |             |
| Hypothyroidism  | 1012       | <b>15. NUTRITION</b>   | <b>1085</b> |
| Adverse Reactions of Thyroxine                          | 1015       | Nutritional Assessment   | 1085        |
| Myxedema Coma   | 1015       | Vitamin A  | 1087        |
| Myxedema Madness  | 1016       | Vitamin B Complex  | 1090        |
| Sick Euthyroid Syndrome/Nonthyroid Illness<br>State     | 1016       |  |             |

|   |      |  |      |
|---|------|--|------|
| Vitamin C                                   | 1097 | Social Problems/Changes in Older Adults              | 1282 |
| Vitamin D                                   | 1099 | Ethics in Geriatrics                                 | 1285 |
| Vitamin E (Alpha Tocopherol)                | 1103 |  |      |
| Vitamin K                                   | 1104 | <b>19. DERMATOLOGY, VENEREOLOGY AND LEPROSY 1287</b> |      |
| Trace Elements                              | 1105 | Introduction   | 1287 |
| Fluorosis                                   | 1105 | Papulosquamous Disorders                             | 1288 |
| Enteral and Parenteral Nutrition Support    | 1106 | Blistering (Bullous) Disorders of Skin               | 1298 |
| Protein–Energy Malnutrition                 | 1109 | Reactive Disorders of Skin                           | 1301 |
| Obesity                                     | 1109 | Pigmentary Disorders of Skin                         | 1304 |
|   |      | Skin Tumors  | 1307 |
| <b>16. NEUROLOGY 1119</b>                   |      | Phakomatoses   | 1310 |
| Introduction and Symptomatology             | 1119 | Disorders of Skin Appendages                         | 1312 |
| Abnormal Speech and Language                | 1124 | Panniculitis   | 1318 |
| Headache                                    | 1127 | Leprosy  | 1319 |
| Migraine                                    | 1128 | Scabies  | 1324 |
| Stroke and Cerebrovascular Disease          | 1135 | Lice Infection                                       | 1326 |
| Demyelinating Diseases                      | 1154 | Sexually Transmitted Infections                      | 1327 |
| Seizures and Epilepsy                       | 1157 | Chlamydial Infections                                | 1330 |
| Neuroinfections                             | 1166 | Granuloma Inguinale (Donovanosis)                    | 1331 |
| Diseases of the Spinal Cord                 | 1174 | Syphilis   | 1331 |
| Motor Neuron Diseases                       | 1185 | Approach to a Case of Genital Ulcer                  | 1335 |
| Diseases of the Peripheral Nervous System   | 1189 | Approach to Vaginal Discharge                        | 1336 |
| Neuromuscular Junction Disorders            | 1196 |  |      |
| Diseases of Muscle                          | 1198 | <b>20. PSYCHIATRY 1340</b>                           |      |
| Disorders of Cerebellar Function            | 1200 | Antipsychotic Drugs                                  | 1343 |
| Movement Disorders                          | 1203 | Antidepressants                                      | 1344 |
| Organic Brain Syndrome                      | 1213 | Mood-Stabilizing Agents                              | 1345 |
| Coma  | 1213 | Anxiolytic (Antianxiety) Medications                 | 1345 |
| Diseases of Cranial Nerves                  | 1219 | Electroconvulsive Therapy                            | 1346 |
| Intracranial Pressure                       | 1228 | Psychotherapy  | 1347 |
| Tumors of the Nervous System                | 1231 | Psychosis  | 1348 |
| Miscellaneous                               | 1232 | Mood Disorders                                       | 1351 |
|   |      | Obsessive–Compulsive Disorder                        | 1354 |
| <b>17. TOXICOLOGY AND ENVENOMATION 1237</b> |      | Impulse Control Disorders                            | 1355 |
| Clinical Examination of Poisoning Case      | 1237 | Neurotic Disorders                                   | 1355 |
| Toxidromes                                  | 1239 | Anxiety Disorders                                    | 1355 |
| Insecticide Poisoning                       | 1243 | Somatoform Disorders                                 | 1357 |
| Snakebite/Ophitoxemia                       | 1246 | Dissociative (Conversion) Disorder                   | 1357 |
| Scorpion Bite                               | 1251 | Factitious Disorder/Munchausen’s Syndrome            | 1358 |
| Hymenoptera (Bee, Wasp, Hornet) Stings      | 1253 | Psychosomatic Disorder                               | 1358 |
| Corrosive Poisoning                         | 1253 | Organic Mental Disorders                             | 1359 |
| Common Drug Overdosages                     | 1254 | Substance use Disorders                              | 1360 |
| Plant Poisons                               | 1259 | Eating Disorders                                     | 1365 |
| Carbon Monoxide                             | 1261 | Sleep Disorders                                      | 1366 |
| Alcohol Poisoning                           | 1262 | Narcolepsy   | 1368 |
|   |      | Psychosexual and Gender Identity Disorders           | 1369 |
| <b>18. GERIATRICS 1265</b>                  |      | Personality Disorders                                | 1370 |
| Geriatrics                                  | 1265 | Child Psychiatry                                     | 1370 |
| Gerontology                                 | 1265 | Geriatric Psychiatry                                 | 1372 |
| Demographics of Aging                       | 1265 | Puerperal Disorders                                  | 1372 |
| Biology of Aging                            | 1266 | Emergencies in Psychiatry                            | 1373 |
| Comprehensive Geriatric Assessment          | 1269 | Community Psychiatry                                 | 1374 |
| Common Clinical Problems of Aging           | 1269 | Forensic Psychiatry                                  | 1374 |
| Guidelines for Drug Therapy in the Elderly  | 1282 | Miscellaneous Topics                                 | 1375 |

|  |             |   |             |
|--|-------------|---|-------------|
| <b>21. AETCOM—ATTITUDE, ETHICS AND COMMUNICATION MANUAL</b>                    | <b>1381</b> | <b>25. EMERGENCIES AND CRITICAL CARE</b>    | <b>1448</b> |
| Module 4.1: The Foundations of Communication—5                                 | 1381        | Case 1: Management of Severe Hyperkalemia   | 1448        |
| Module 4.4: Case Studies in Ethics Empathy and the Doctor-Patient Relationship | 1384        | Case 2: Metabolic Acidosis                  | 1449        |
| Module 4.8: Dealing with Death   | 1387        | Case 3: Hypoglycemia                        | 1449        |
| <b>22. IMMUNOLOGY</b>  | <b>1391</b> | Case 4: Management of Acute Pulmonary Edema | 1450        |
| Introduction   | 1391        | Case 5: Management of Severe Hypercalcemia  | 1450        |
| Duality of Immune System   | 1391        | Case 6: Tension Pneumothorax                | 1451        |
| Cytokines  | 1393        | Case 7: Myxedema Coma                       | 1452        |
| Complement System  | 1395        | Case 8: Thyrotoxic Crisis/Thyroid Storm     | 1452        |
| Immunodeficiency   | 1398        | Case 9: Acute Adrenal Insufficiency         | 1452        |
| Hypersensitivity Reactions   | 1402        | Case 10: Coma                               | 1453        |
| Autoimmunity   | 1409        | Case 11: Snakebite                          | 1453        |
| Adult Immunization   | 1410        | Case 12: Hypovolemia                        | 1453        |
| Amyloidosis  | 1413        | Case 13: Management of Shock                | 1454        |
| <b>23. GENETICS</b>  | <b>1417</b> | Case 14: Ischemic Stroke                    | 1455        |
| Common Genetic and Chromosomal Disorders                                       | 1417        | Case 15: Hyperventilation                   | 1455        |
| Down Syndrome (Trisomy 21)   | 1419        | Case 16: Acute Pulmonary Embolism           | 1455        |
| Klinefelter Syndrome   | 1420        | Case 17: Hemoptysis                         | 1456        |
| Turner Syndrome  | 1421        | Case 18: Hypertensive Emergency/Crisis      | 1456        |
| Intellectual Disability  | 1422        | Case 19: Severe Dehydration                 | 1457        |
| Inheritance  | 1422        | Case 20: Cardiac Arrest                     | 1457        |
| Gene Therapy   | 1428        | Case 21: Ventricular Fibrillation           | 1458        |
| Human Genome Project   | 1430        | Case 22: Upper Gastrointestinal Bleed       | 1458        |
| Genetic Mutations  | 1431        | Case 23: Management of Angina               | 1459        |
| Genetic Testing  | 1434        | Case 24: Acute Myocardial Infarction        | 1459        |
| Genetic Counseling   | 1437        | Case 25: Organophosphate Poisoning          | 1460        |
| <b>24. CLINICAL PHARMACOLOGY</b>   | <b>1439</b> | Case 26: Management of Anaphylaxis          | 1461        |
| Introduction   | 1439        | Case 27: Management of Acute Severe Asthma  | 1462        |
| Adverse Drug Reaction  | 1439        | Case 28: Diabetic Ketoacidosis              | 1462        |
| Drug Interaction   | 1441        | Case 29: Status Epilepticus                 | 1463        |
| Drugs and Liver  | 1443        | <b>26. ENVIRONMENTAL DISEASES</b>           | <b>1464</b> |
| Drugs and Kidney   | 1443        | Radiation Exposure                          | 1464        |
| Drug usage in Pregnancy  | 1444        | High Altitude                               | 1466        |
| Clinical Trials Basic Concepts   | 1444        | Heat-related Illness                        | 1468        |
|  |             | Drowning (Submersion Injuries)              | 1472        |
|  |             | <i>Appendix 1475</i>                        |             |
|  |             | <i>Index 1481</i>                           |             |