

## Endocrinology & Biochemistry

### *Acromegaly*

### **HOT ACROMEGALY**

Heart failure, / hypertension, Oedema, teeth wide spaced  
Appearance / Amenorrhoea, carpal tunnel syn / coarse skin / voice, reek, Oily skin,  
myopathy, eye (prominent supra-orbital ridge), goitre / gain wt/ galactorhoea / glycosuria,  
arthropathy, large tongue & nose, yonser

### *Acidosis*

#### *Metabolic*

#### **LUSK**

Lactic, Uraemic, **salicylate\***, Ketoacidosis

#### *Ketoacidosis*

#### **SAD**

Starvation, Alcohol, DM

#### *Increased Anion Gap*

#### **MUD PILES**

Methanol / metformin, Uraemia, DKA  
Paraldehyde / phenformin, Iron / INH, lactic, ethylene glycol,  
**Salicylate\*** / shock / sepsis / starvation

#### *Normal Anion Gap Acidosis*

#### **HARD UP**

Hyperventilation /hyperalimantation, Acetazolamide, RTA, diarrhoea  
Ureteral diversion (ureterosigmoidostomy), pancreatic fistula / parenteral NaCl

### *Addisons, causes of*

#### **ANTAM**

Autoimmune, Neoplastic, TB, Amyloid, Meningococcal (Waterhouse-Freidhrick)

### *Diabetes, complications*

#### **KNIVES**

Kidney, Neuropathy, Infection, Vascular, Eyes, Skin lesions

### *Hypercalcaemia*

#### **NHS MTV FAPD**

Neoplastic (Bony mets, Myeloma, Sq lung), Hyperparathyroidism, Sarcoid  
Milk-alkali syn., Thyrotoxicosis, Vit D intoxication  
Pagets (acute), Addisons, Familial, Drugs

### *Hypoglycaemia*

#### **RE-EXPLAIN**

Renal failure, exogenous, pituitary, liver failure, alcohol, infection, neoplasm (insulinoma)

### *Multiple endocrine neoplasia*

#### **MEN I**

#### **T3P**

Thyroid adenoma, Parathyroid, pituitary, pancreas (islet cell, ZE syndrome)

#### **MEN IIa**

#### **2PM**

Parathyroid, phaeo, Medullary thyroid carcinoma (MTC – calcitonin)

#### **MEN IIb**

#### **2PM MG**

As above, plus, marfanoid phenotypes, ganglioneuroma (intestinal & visceral)

## *Osmolar Gaps*

### **ME DIE**

Methanol, ethanol

Diuretics (mannitol, sorbitol, glycerol), Isopropranolol, ethylene glycol

## *Phaeochromocytoma*

### **4Ps**

Pain, pallor, palpitations, perspiration

## **Gastroenterology**

### *Extra-colonic manifestations of UC & Crohns*

### **A PIE SACK**

Aphthous ulcers, pyoderma gangrenosum, Iritis (uveitis), Erythema nodosum

Sclerosing cholangitis, Ank spon & arthritis, clubbing, kidney – nephrotic syn

### *Hepatic Encephalopathy*

### **HEPATICUS**

Haemorrhage, Electrolyte imbalance ( $\downarrow K^+$  alkalosis), protein XS ( $\uparrow NH_4^+$  XS),

Alcohol/ Analgesics, Trauma, Infxn, Constipation, Uraemia, Surgery (post systemic shunt)

### *Haemorrhagic Ascites*

### **MARA**

Malignancy, Acute pancreatitis, Ruptured ectopic, abdo trauma

### *Gallstones*

### **5Fs**

Fat, female, fair, fertile, forty

### *Gastric Malignancy*

### **5As**

Anaemia, Anorexia, Aesthenia, Acanthosis Nigricans, blood Group A

### *Jaundice*

### **ABCDEFGHIJ**

Anaesthetics (halothane), Blood transfusions, Contacts, Drugs, Ethanol, Foreign travel,

Gallstones / Gilberts, Homosexual / Haemophilia / Hepatitis, Idiopathic / IVDA

Job - farmers, sewage workers (leptospirosis - Weils)

### *Mouth Ulcers*

### **TARDIE**

Trauma, Aphthous, Rheumatological (bechet, reiter), Drug (gold, steroid),

Infecion (HSV, VZV; syphilis, TB), Erythema Multiforme