

MNEMONICS-1K

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Hypertension, Secondary Causes: RENALS

- R**enal (eg, glomerulonephritis, renal artery stenosis)
- E**ndocrine (eg, Cushing's disease, Conn's syndrome, pheochromocytoma, acromegaly, corticosteroids, oral contraceptive pill)
- N**eurogenic (eg, raised intracranial pressure)
- A**ortic coarctation
- L**ittle people (ie, pregnancy-induced hypertension)
- S**tress (eg, trauma, white coat hypertension)

Lead Poisoning, Clinical Manifestations: CRACK

- C**NS (headache, memory loss, personality changes, encephalopathy)
- R**eproductive (abortion, stillbirth)
- A**nemia (microcytic)
- C**olic ("lead colic" abdominal pain)
- K**idney (proximal tubular damage, interstitial fibrosis)

Osteoporosis, Causes: COLLES FRACTure

- C**ongenital (e.g., osteogenesis imperfecta, Ehlers-Danlos, homocysteinuria)
- O**steoporosis type I (post-menopausal) & type II (senile)
- L**eukemia & other malignancies (e.g., multiple myeloma)
- L**iver disease Endocrine disease (e.g., hyperparathyroidism, hyperthyroidism, acromegaly, Cushing's syndrome, hypogonadism, diabetes mellitus)
- S**teroids (i.e., corticosteroids)
- F**amilial
- R**enal disease
- A**nticonvulsants (e.g., phenytoin)
- C**alcium deficiency (e.g., malabsorption)

Bacterial Overgrowth Syndrome, Risk Factors: PASSED GAS

- P**ernicious anemia
- A**chlorrhidria
- S**teroids (i.e., corticosteroids)
- S**cleroderma
- E**ndocrine (i.e., diabetes mellitus, hypothyroidism)
- D**iverticula of jejunum
- G**astrectomy (i.e., partial gastrectomy)
- A**ntibiotics
- S**trictures within the small bowel

Hepatic Encephalopathy, Symptoms and Signs: SCALP

- S**ychosis
- C**onfusion
- A**sterixis
- L**ethargy --> coma (late sign)
- P**ersonality changes (early sign)

Abdominal Pain, Acute, Differential Diagnosis: ABDOMINAL Appendicitis

- B**iliary tract disease
- D**iverticulitis
- O**varian disease
- M**alignancy
- I**ntestinal obstruction
- N**ephritic disorders
- A**cute pancreatitis
- L**iquor (ethanol)

Pelvic Mass That is Painful, Differential Diagnosis: CREAM PEA

- R**enal colic
- E**ctopic pregnancy
- A**dhesions
- M**any other causes
- P**elvic inflammatory disease
- E**ndometriosis
- A**ppendicitis/appendicial abscess

Cerebellar damage signs: DANISH

- D**ysidiadochokinesis
- A**taxia
- N**ystagmus
- I**ntention tremor
- S**lurred speech
- H**ypotonia