

# MNEMONICS

## Clubbing: causes

### CLUBBING:

Cyanotic heart disease  
Lung disease (hypoxia, lung cancer, bronchiectasis, cystic fibrosis)  
UC/Crohn's disease  
Biliary cirrhosis  
Birth defect (harmless)  
Infective endocarditis  
Neoplasm (esp. Hodgkins)  
GI malabsorption

## Kubler-Ross dying process: stages

### "Death Always Brings Great Acceptance":

Denial  
Anger  
Bargaining  
Grieving  
Acceptance

## Middle adolescence (14-17 years): characteristics

### HERO:

Heterosexual crushes/ Homosexual Experience  
Education regarding short term benefits  
Risk taking  
Omnipotence

- And there is interest in being a Hero (popular)

## Autistic disorder: features

### AUTISTICS:

Again and again (repetitive behavior)  
Unusual Abilities

Talking (language) delay  
IQ subnormal  
Social development poor  
Three years onset  
Inherited component [35% concordance]  
Cognitive impairment  
Self injury

## Fractures: principles of management

### FRIAR:

First aid  
Reduction  
Immobilisation  
Active Rehabilitation

## Dentition: eruption times of permanent dentition

### "Mama Is In Pain, Papa Can Make Medicine":

1st Molar: 6 years  
1st Incisor: 7 years  
2nd Incisor: 8 years  
1st Premolar: 9 years  
2nd Premolar: 10 years  
Canine: 11 years  
2nd Molar: 12 years  
3rd Molar: 18-25 years

## Dialysis: indications

### AEIOU:

Acid-base problems (severe acidosis or alkalosis)  
Electrolyte problems (hyperkalemia)  
Intoxications

Overload, fluid  
Uremic symptoms

### Sperm pathway through male reproductive tract

#### SEVEN UP:

Seminiferous tubules  
Epididymis  
Vas deferens  
Ejaculatory duct  
Nothing  
Urethra  
Penis

### Vitamins: which are fat soluble

#### KADE:

Vitamin K  
Vitamin A  
Vitamin D  
Vitamin E

### B vitamin names

### "The Rhythm Nearly Proved Contagious":

- In increasing order:  
Thiamine (B1)  
Riboflavin (B2)  
Niacin (B3)  
Pyridoxine (B6)  
Cobalamin (B12)

### KNOWLEDGE IS AMUSING



- Women BLINK nearly twice as much as men!!
- If you SNEEZE too hard, you can fracture a rib. If you try to suppress a sneeze, you can rupture a blood vessel in your head or neck and die. So good to bless sneezing person
- Wearing HEADPHONES for just an hour will increase the bacteria in your ear by 700 times.
- The human HEART creates enough pressure when it pumps out to the body to squirt blood 30 feet.
- The strongest muscle in the body is the TONGUE.

### "HATS OFF" WOMEN !!!



- What do bullet proof vests, fire escapes, windshield wipers and laser printers all have in common?  
Ans. – All were invented by women.

### "AMAZING !!!"



- A SNAIL can sleep for three years.
- RATS multiply so quickly that in 18 months, two rats could have over million descendants.