



MNEMONICS FOR DIAGNOSIS

JV'n Dr. Apurva Dixit

JAYOTI VIDYAPEETH WOMEN'S UNIVERSITY, JAIPUR

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PREFACE

Practice of Medicine is an essential knowledge that should be possessed by every medical practitioner. It is one of the most important knowledge that helps in practicing medical science. It helps in diagnosis of the disease in patients by providing us the knowledge of sign & symptoms, but it is very difficult to memorize every sign & symptoms. When a vast knowledge is to be learned, different methods are used to memorize them like mnemonics.

The aim of writing this book is to concise all essential information in an easily comprehensible arrangement that can easily be understood by students without missing any essential information. Mnemonics of different sign and symptoms are given so that one can memorize them in more easy way and can help to keep chapter arrangement in a uniform format so that it can become easy to learn.

JV'nDr. Apurva Dixit

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ABOUT AUTHOR

Dr. Apurva Dixit is a Homoeopathic academician and consultant having B.H.M.S. M.D(Practice of Medicine) from Jaipur. Currently, she is working as Assistant Professor in the Department of Practice of Medicine at Faculty of Homoeopathic Science under Jayoti Vidyapeeth Women's University, Jaipur. She has a vast clinical experience of more than 6 years. She has written and published 14 research papers in national and international peer reviewed journals. She has very good knowledge of the subject and has a unique style of teaching.

ACKNOWLEDGEMENT

Writing a book is harder than I thought and more rewarding than I could have ever imagined. My inspirations in writing this book are my students, whose need always pushed me to do a work that is easily comprehensible and can be read and revise even before the examination.

I would like to thank the publisher, who gave me the opportunity to publish this book

I would like to thank my parents and family for their immense support, without which this work was not possible. I would also like to thank my colleagues who encouraged and supported me in writing this book.

I wish that this book will help students to understand and quick revise the topics and will also guide them in preparation for the PG examination.

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GASTROENTEROLOGY

1. MOUTH ULCERS-DIRT

- a) Drug(steroids)
- b) Infections(hsv,syphilis,erythemamultiforme, T.B.)
- c) Rheumatological (bechets,reiter)
- d) Trauma

2. GALL STONES- 5F

- a) Fair
- b) Fat
- c) Female
- d) Fertile
- e) Forty

3. JAUNDICE- BCDEFGHI

- a) Blood transfusions
- b) Contacts
- c) Drugs
- d) Ethanol
- e) Foreign travel
- f) Gall stone/gilberts
- g) Homosexual/haemophilia/hepatitis
- h) Idiopathic/IVDA
- i) Job(Farmers, Sewage workers)

4. HEPATIC ENCEPHALOPATHY-HEPATICUS

- a) Hemorrhage
- b) Electrolyte imbalance
- c) Protein excess
- d) Alcohol/analgesics
- e) Trauma
- f) Infection
- g) Constipation
- h) Uraemia
- i) Surgery

5. ASCITES- MARA

- a) Malignancy
- b) Acute pancreatitis
- c) Ruptured ectopic cyst
- d) Abdominal trauma

6. GASTRIC MALIGNANCY-4A

- a) Anaemia
- b) Anorexia
- c) Asthenia
- d) Acanthosis nigricans

ENDOCRINOLOGY&BIOCHEMISTRY

1. ACROMEGALY-HOT ACROMEGALY

- a) Heart Failure
- b) Oedema
- c) Teeth Wide Space
- d) Amenorrhoea
- e) Carpal Tunnel Syndrome/Coarse Skin
- f) Reek
- g) Oily Skin
- h) Myopathy
- i) Eye (Prominent Supra Orbital Ridge)
- j) Goitre/Galactorrhoea/Glycosuria
- k) Arthropathy
- l) Large Tongue

2. ADDISONS CAUSES OF-AANT

- a) Autoimmune
- b) Amyloid
- c) Neoplasia
- d) T.B.

3. KETOACIDOSIS-SAD

- a) Starvation
- b) Alcohol

- c) Diabetes Mellitus

4. METABOLIC ACIDOSIS-LUK

- a) Lactic acid
- b) Uraemia
- c) ketoacidosis

5. DIABETES COMPLICATIONS- KNIVES

- a) Kidney
- b) Neuropathy
- c) Infection
- d) Vascular
- e) Eyes
- f) Skin lesions

6. HYPOGLYCAEMIA-REPAL-IN

- a) Renal failure
- b) Exogenous
- c) Pituitary
- d) Alcohol
- e) Liver failure
- f) Infection
- g) Neoplasm(insulinoma)

7. HYPERCALCAEMIA-NHS MTV FAPD

- a) Neoplasm(bony metastasis, myeloma)
- b) Hyperparathyroidism
- c) Sarcoidosis
- d) Thyrotoxicosis
- e) Vit. D intoxication
- f) Pagets(Acute)
- g) Addison's
- h) Familial
- i) Drugs

8. PHAEOCHROMOCYTOMA-4P

- a) pain
- b) pallor
- c) palpitations
- d) perspiration

CARDIOLOGY

1. 3RD HEART SOUND- FIP

- a) Failure
- b) Incompetence(mitral/tricuspid)
- c) Pregnancy/pill/pericarditis/PE

2. 4TH HEART SOUND- SHIT

- a) Stenosis(aortic/pulmonary)
- b) Hypertension/ Heart block
- c) Ischaemic Heart Disease
- d) Tamponade

3. NO APEX BEAT- DOPES

- a) Dextrocardia
- b) Obesity
- c) Pleural / Pericardial effusion
- d) Emphysema
- e) Shock

4. ARRYTHMIAS- PC ARRYTHMIA

- a) Pleural and pericardial effusion/pneumonia
- b) Cardiomyopathy
- c) Atrial myxoma

- d) Rheumatic heart disease
- e) Hypertension
- f) Thyrotoxicosis
- g) Mitral valve disease
- h) IHD
- i) Alcohol

5. ATRIAL FIBRILLATION- **CT-RITHIMA**

- a) Cardiomyopathy/constrictive pericarditis
- b) Toxins
- c) RHD
- d) IHD
- e) Thyrotoxicosis
- f) Hypertension
- g) Infective endocarditis/ idiopathic
- h) Mitral stenosis/MI/Myxoma
- i) ASD/Alcohol

6. BRADYCARDIA- **PAD HIM**

- a) Physiological (athlete, sleep)
- b) AV block
- c) Drugs
- d) Hypothyroid/hypothermia
- e) Icterus
- f) MI

7. PERICARDITIS- **DRUMSTIC**

- a) Dresslers
- b) RA/Rheumatic fever
- c) Uraemia
- d) MI
- e) SLE
- f) Trauma
- g) Idiopathic
- h) Cocksackie

8. MITRAL STENOSIS(COMPLICATION)- **STRI**

- a) Systemic embolism
- b) Tricuspid regurgitation
- c) Right heart failure
- d) Infective endocarditis

9. MYOCARDIAL INFARCTION (COMPLICATION)-**ABCDE**

- a) Arrhythmia/aneurysm
- b) Bradycardia/BP decrease
- c) Cardiac failure/cardiac tamponade
- d) Dresslers /Death
- e) Embolism

10.POSTURAL HYPOTENSION-HANDI

- a) Hypovolaemia/hypopituitarism
- b) Addison's disease
- c) Neuropathy
- d) Drugs
- e) Idiopathy

NEUROLOGY

1. CEREBELLAR SIGN-VANISH -DD

- a) Vertigo
- b) Ataxia
- c) Nystagmus
- d) Intension tremor
- e) Slurred speech
- f) Hypotonia
- g) Dysdiadocokinesia
- h) Dismetria

2. CONFUSION-DIM SEA

- a) Druga/ dehydration
- b) Infection
- c) Metabolic disease/MI
- d) S.O.L.
- e) Electrolyte disturbances
- f) Alcohol/anaemia

3. ALTERED MENTAL STATE-AEIOU TIPS

- a) Alcohol
- b) Endocrine
- c) Insulin
- d) Opiates

- e) Uraemia
- f) Toxins/trauma/tumour
- g) Infections
- h) Psychosis/porphyria
- i) Stroke/seizure/shock

4. DYSTROPHIA MYOTONICA-BIG CHIPS

- a) Balding (front)
- b) Intellectual impairment
- c) Glucose intolerance
- d) Cataracts/cardiomyopathy
- e) Handshake/hyporeflexia
- f) IgG decrease
- g) Ptosis
- h) S.O.L.

5. MONONEURITIS MULTIPLEX-DRAW CLAPS

- a) DM
- b) RA
- c) AIDS
- d) Wegeners
- e) Carcinomatosis/churg-strass
- f) Leprosy
- g) Amyloidosis
- h) PAN

- i) SLE

6. MULTIPLE SCLEROSIS-CURSED

- a) Cerebellar signs
- b) UMNL
- c) Retrobulbar neuritis
- d) Spastic paraparesis
- e) Euphoria
- f) Dementia/depression/diplopia

7. PARKINSONS-PARKINSONS

- a) Pill rolling
- b) Akinesia
- c) Rigidity
- d) Kyphosis
- e) Instability
- f) Neck titubation
- g) Shuffling gait
- h) Occulogyric crisis
- i) Nose tap(glabella)
- j) Small writing

8. PERIPHERY NEUROPATHY-DANG THE PAPIST

- a) DM
- b) Alcohol
- c) Nutrition (B₁,B₂,B₁₂)
- d) Guillian barre syndrome
- e) Trauma
- f) Hereditary
- g) Environmental factors(lead,drugs)
- h) Paraneoplastic
- i) Amyloidosis
- j) Porphyria
- k) Inflammatory factors
- l) Syphilis
- m) Tumours of nerves (HMSN)

9. POLYNEUROPATHY-VITAMINS

- a) Vitamin deficiency
- b) Infections(T.B. Leprosy,syphilis,polio)
- c) Toxins
- d) Amyloidosis
- e) Metabolic(Alcohol,DM,Liver and Renal failure)
- f) Idiopathic/Inherited
- g) Neoplasm
- h) Systemic(SLE,PAN,multiple myeloma)

10. PROXIMAL MYOPATHY-**PD-HEN**

- a) Polymyositis
- b) Dermatomyositis
- c) Hereditary muscular dystrophies
- d) Endocrine
- e) Neuropathy

11. PREMATURE SENILE DEMENTIA-**DEEP-SHIT**

- a) Deficiency B12
- b) Epilepsy
- c) Endocrine
- d) Parkinsonism
- e) Syphilis
- f) Huntingtons
- g) Injury
- h) Tumour

12. PONTINE HAEMORRHAGES-**3P**

- a) Paralysis
- b) Pin-point pupils
- c) Pyrexia

RESPIRATORY

1. CHRONIC COUGH-HARD

- a) Heart failure
- b) Asthma
- c) Reflux (GERD)
- d) Drugs/Drip

2. LUNG ABSCESS-SOAP

- a) Spread (hepatic, subphrenic)/Septic emboli
- b) Obstruction (tumour)
- c) Aspiration
- d) Pneumonia/ Pulmonary infarction

3. UPPER LOBE FIBROSIS-CHARTS

- a) Coal workers pneumoconiosis
- b) Histiocytosis
- c) ABPA/ Ankylosing spondylosis
- d) Radiation
- e) T.B.
- f) Silicosis/ sarcoidosis

4. LOWER LOBE FIBROSIS-RASIO

- a) RA
- b) Asbestosis
- c) Scleroderma
- d) Idiopathic fibrosing alveolitis
- e) Others (drugs)

5. PLEURAL EFFUSION-

(i) Exudative-**PINTARS**

- a) Pneumonia / Pancreatitis
- b) Infarction
- c) Neoplasm
- d) T.B. / Trauma
- e) Abscess
- f) RA
- g) SLE/Sarcoidosis/Systemic sclerosis

(ii) Transudative-**CHARM**

- a) Carditis
- b) Hypothyroidism
- c) Hypo -albuminaemia
- d) Renal diseases
- e) Malabsorption / Meigs

6. PNEUMOTHORAX- T PATS FC

- a) Trauma
- b) Pneumonia
- c) Abscess/Asthma
- d) T.B.
- e) Sarcoidosis
- f) Fibrosing alveolitis
- g) Carcinoma / CF

7. PULMONARY OEDEMA-PONS

- a) Phosgene/ Paraquat
- b) Opioids
- c) Nitrous dioxide
- d) Salicylate

NEPHROLOGY

1. NEPHROTIC SYNDROME- GLADER

- a) Glomerulonephritis
- b) SLE
- c) DM
- d) Eclampsia
- e) Renal venous thrombosis

2. CHRONIC RENAL FAILURE- GLAD SHOP

- a) Glomerulonephritis
- b) Lupus
- c) Analgesics
- d) DM
- e) Systemic vascular disease
- f) Hypertension
- g) Obstruction
- h) Polycystic kidney disease

3. RENAL DISEASE (ACUTE & CHRONIC)- SNAB

- a) Small kidney
- b) Neuropathy
- c) Anaemia
- d) Bone diseases

4. UNILATERAL PALPABLE KIDNEY- **WILMS HARP**

- a) Wilms
- b) Hydronephrosis
- c) Acute renal vein thrombosis /Acute pyelonephritis
- d) Renal cell carcinoma
- e) PKD/ Pyonephrosis

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