

## **Vesalius SCALpel™ : MNEMONICS**

**Mnemosyne:** Greek goddess of memory

### **Enterocutaneous fistula: FRIEND**

**F** foreign body  
**R** radiation  
**I** inflammation/infection  
**E** epithelialization  
**N** neoplasm  
**D** distal obstruction

### **Non-parathyroid hypercalcemia: CHIMPANZEES**

**C** cancer (met. breast, lung, kidney, bone; leukemia, lymphoma)  
**H** hyperparathyroidism  
**I** iatrogenic (meds: thiazide, lithium, danazol), immobility  
**M** multiple myeloma  
**P** Paget's  
**A** alkali (milk)  
**N** neoplasm, ectopic parathormone (small cell lung, hypernephroma)  
**Z** Zollinger Ellison  
**E** excess D, endocrine (hypo/hyperthyroid, Addisons)  
**E** excess A  
**S** sarcoid (Tb, histoplasmosis)  
(benign familial hypocalcuric hypercalcemia)  
(low albumin: get ionized Ca<sup>++</sup>)

### **Pancreatitis causes: I GET SMASHED**

**I** idiopathic  
**G** gallstones  
**E** ethanol  
**T** trauma (surgery)  
**S** steroids  
**M** mumps  
**A** autoimmune  
**S** scorpion bites  
**H** hyperlipidemia/-calcemia, hypothermia  
**E** ERCP  
**D** drugs (azothioprine, thiazides)

### **Adrenal hormones: salt, sugar, sex**

**G**lomerulosa: mineralocorticoids (**salt**)  
**F**asciculata: glucocorticoids (**sugar**)  
**R**eticularis: androgens (**sex**)

**Surgical causes of hypertension: C3PO**

**C** Conn's

**C** Cushings

**C** Coarctation

**P** Pheo

**O** obstruction of renal a. (stenosis: 80% atherosclerotic, 1/3 bilateral)

**Splenomegaly: 3M's**

**M** myelofibrosis (extramedullary hematopoiesis)

**M** malaria

**M** myelogenous leukemia

(Felty's: rheumatoid arthritis, neutropenia, leg ulcer, splenomegaly)

**MEN I: 3P's**

**P**arathyroid

**P**ituitary (prolactinoma most common)

**P**ancreas

(adrenal cortex)

**Anterior mediastinal mass: 4T's**

**T**hyroid

**T**hymus

**T**eratoma

**T**errible lymphoma

**MEN II: MP**

**M** medullary carcinoma thyroid (5-10% of thyroid Ca, 25% MEN, multicentric, young, central neck nodes, calcitonin)

**P** pheochromocytoma

**IIa** + parathyroid

**IIb** + neuromas, Marfanoid

**Meckels: rule of 2's**

**2** inches long

**2** feet from ileocecal valve

**2%** of population

**1<sup>st</sup> 2y** of life common presentation

**2** types of tissue: gastric, pancreatic

**Pheochromocytoma: rule of 10%'s**

malignant

bilateral

extraadrenal

calcified

children

familial

**Congenital complex: VACTERL**, (55% with omphalocele, not gastroschisis)

**V** vertebral (2%)

**A** anorectal (atresia, imperforate, 15%)

**C** cardiac (35%)

**T** T-E fist

**E** exomphalos (omphalocele)

**R** renal (5%)

**L** limb (2%)

**Gynecomastia drugs: DISCOS**

**D** digoxin

**I** isoniazid

**S** spironolactone

**C** cimetidine

**O** oestrogen

**S** stilbesterol

**Beck's triad (tamponade): PMS**

**P** pressure (hypotension)

**M** muffled heart sounds

**S** swollen neck veins

**Whipple's triad (insulinoma): SLR**

**S** symptomatic hypoglycemia

**L** laboratory: hypoglycemia

**R** relief with glucose