

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 hypocalcemic hypercalcemia)
(low albumin: get ionized Ca⁺⁺)

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

Glomerulosa: mineralocorticoids (**salt**)
Fasciculata: glucocorticoids (**sugar**)
Reticularis: 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

Parathyroid

Pituitary (prolactinoma most common)

Pancreas

(adrenal cortex)

Anterior mediastinal mass: 4T's

Thyroid

Thymus

Teratoma

Terrible 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

1st 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