



The Medical **Bulletin**

Editor's Desk

Dr. A. Muruganathan



GREEN THERAPY, ECOTHERAPY & GREEN PRESCRIBING.

We are all well indoctrinated and aware of many non pharmacological approaches for some commonly encountered medical illnesses. Hypertension, Cardiac diseases, Anxiety disorders, Depression, Stress disorders, Cognitive impairment, and Anger management are a few that easily strike our minds. Our goals and ambitions have always been...

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Guest Editorial

Dr. M. Viswesvaraiah, London



RAVEL & MEDICINE

AWAKENING TRAVEL SMARTNESS & PREPAREDNESS

The whole world is opening up again following easing of travel restrictions and the airports are brimming with passengers. Summer holidays are...

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Pearls for Practitioners

In Endocrinology

Dr. Minal Mohit

**PUBERTY – TIMING IS EVERYTHING
PUBERTY IS THE TRANSITIONAL PERIOD
OF DEVELOPMENT DURING...**

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In Diabetology

Dr. N. K. Singh

**Lamotrigine is safest anti-convulsant if
risk of developing T 2 Diabetes is under
consideration: Recently a cohort...**

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In Dermatology

Prof. Jayakar Thomas
Lyell's syndrome-dermatological emergency: Causes: Drugs-antibiotics, barbiturates, hydantoins,...

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In Cardiology

Dr. Balachandran
High Normal' Sodium, Poor Hydration Linked to Heart Failure Having a "high normal" serum sodium...

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For Stage II & Diabetic Hypertensives



CTD-T
Chlorthalidone
6.25/12.5 mg + Telmisartan
20/40/80 mg Tablets

In Neurology

Dr. S. Meenakshi-Sundaram
Idiopathic intracranial hypertension (IIH) was formerly referred to as benign intracranial hypertension...

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In Critical Care

Dr. Balachander
1. Elevated lactate levels suggest tissue hypoperfusion, and normal lactate clearance is suggestive of...

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In Hypertension with Angina and Heart Failure



Revelol-XL
Bisoprolol Succinate 12.5/25/50/100mg Extended Release Tablets

Mnemonics

Dr. R. Rajasekar
Clinical manifestations-Symptoms and physical Signs of Congestive cardiac failure my mnemonics...

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ECG Excursions

Dr. R. Rajasekar
Dr. M. Chenniappan
H2FPEF risk score, ranging from 0 to 9 points: MY MNEMONICS H2...

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In the management of Type 2 Diabetes Mellitus



Glycinorm-M
Gliclazide 40mg/60mg + Metformin 500mg Tablets

Image Corner

Dr. A. Anbarasu
Question 1: 15 year old child with knee pain. What is the finding? What other organ systems may be...

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Humour Corner

Dr. Vinitha
I'M prescribing this patch... wear it over your mouth!!

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Investigation Corner

Dr. M. Vishnupriya
DIAGNOSTIC APPROACH IN PATIENTS WITH SUSPECTED ITP (ASH-AMERICAN SOCIETY OF HEMATOLOGY-2019) ...

Diet Corner

Dr. P. R. Gayathri
According to NIN, 12.5 g of fenugreek seeds (soaked overnight) can be taken twice daily along with lunch...

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Nuclear Medicine

Dr. E. Prabhu

Parathyroid Adenomas in 99mTc MIBI Scan
(Radioactive Technetium Sestamibi Scan) 19 years old male with
history of recurrent cramps and body pain for about 3 months...

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