

STAVMED
INTERNATIONAL
PRESENTS

Medical Talks in English

The first class
15/11/2019

1

the most frequent words
in medical English

2

**IS
DEFINED
AS**

**определяется
как**

**Pleural effusion is
defined as excess fluid
accumulation in
pleural space**

**REFERS
TO**

**ОТНОСИТ
СЯ К**

**Uncomplicated UTI
refers to acute
cystitis or
pyelonephritis in
non-pregnant
outpatient woman
without anatomic
abnormalities or
instrumentation of the
urinary tract.**

**IS
CHARACTERIZED
BY**

**Характери-
зуется
(чем-
либо)**

**COPD is characterized
by airflow
obstruction.**

**ОСОУ
Р**

**Встреча
ются,
возника
ют**

**In the US more than
700,000 cases of sepsis
occur every year.**

GERB

поражат

ь,

оказыва

ть

- **This disease affects 5-10% of the population.**
- **It is estimated that 15% of adults in the US are affected by GERB.**
- **Interactions with drugs that may affect theophylline metabolism to be considered.**

**ARE
DIVIDED
INTO**

**делятся
на**

**Galbladder are divided
into two major types:
cholesterol stoned and
pigment stones.**

**ARE
CLASSIFIED
INTO**

**классифи-
цируется
на**

**Gastrinomas are
classified into
sporadic tumors and
those associated with
multiple endocrine
neoplasia (MEN).**

**ARE
CLASSI
FIED AS**

**Классифи
цируются
как**

**Strategies for
predicting and
preventing SCD (sudden
cardiac death) are
classified as primary
and secondary.**

**FALL
INTO
(categor
ories)**

**Попадаю
т в
(категор
ии)**

**This drugs are fallen
into four main
categories.**

2

clinical syndromes
you might meet in your practice



A SYNDROME is:

- ▣ **a set of medical signs and symptoms**
- ▣ **collection of diseases which are not correlated with each other and often associated with a particular disease or disorder.**

Acute Brain Syndrome

What is Acute Brain Syndrome?

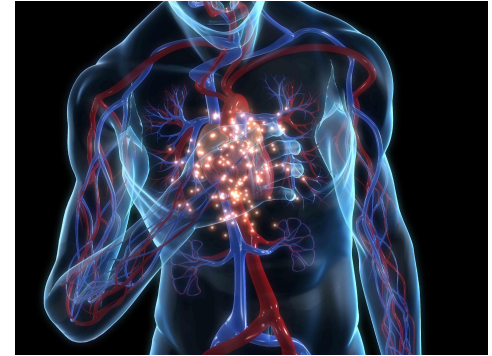
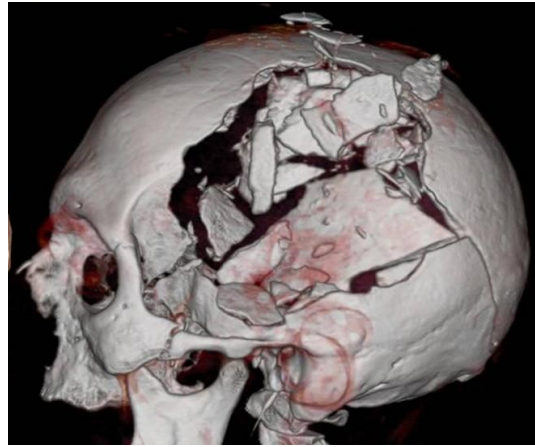
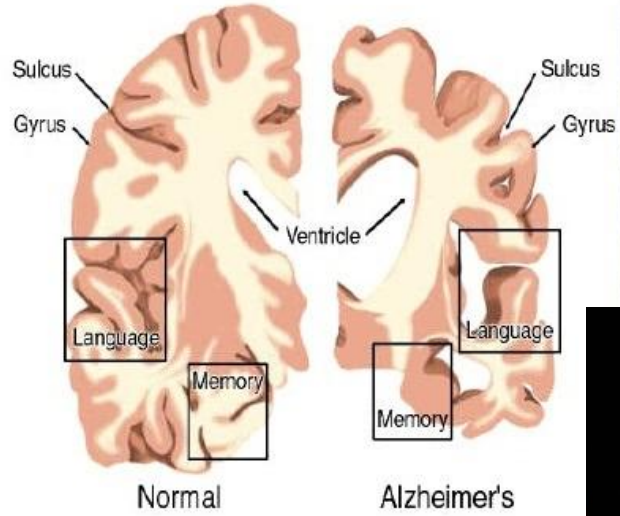
- **Delirium**
- **Confusion**
- **Disorientation**
- **Developing suddenly in a person who was previously psychologically normal.**

Acute Brain Syndrome

Causes:

- ❑ **Brain injury due to trauma**
- ❑ **Breathing conditions**
- ❑ **Cardiovascular disorders**
- ❑ **Degenerative disorders**
- ❑ **Infections - Septicemia, Encephalitis or Meningitis**

Brain Cross-Sections



Acute Brain Syndrome

Diagnosis and Tests:

- ❑ **Electroencephalography (EEG)**
- ❑ **Computed tomography (CT) Scan of Brain**
- ❑ **Magnetic resonance imaging (MRI) Brain**
- ❑ **Lumbar Puncture**

Portal hypertension

- **Portal hypertension is hypertension in the hepatic portal system – made up of the portal vein and its branches, that drain from most of the intestine to the liver.**
- **Cirrhosis is the most common cause of portal hypertension; other, less frequent causes are therefore grouped as non-cirrhotic portal hypertension.**

Portal hypertension

Prehepatic causes:

- **Portal vein thrombosis**
- **Splenic vein thrombosis**
- **Arteriovenous fistula**
- **Splenomegaly (increased portal blood flow)**

Portal hypertension

Hepatic causes:

- **Cirrhosis of any cause.**
- **Primary sclerosing cholangitis**
- **Chronic pancreatitis**
- **Hereditary hemorrhagic telangiectasia**
- **Schistosomiasis**
- **Congenital hepatic fibrosis**
- **Nodular regenerative hyperplasia**
- **Fibrosis of space of Disse**

Portal hypertension

Posthepatic causes:

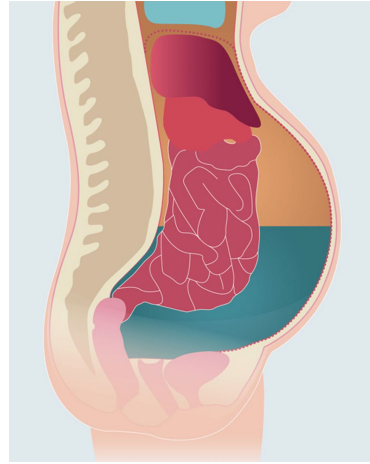
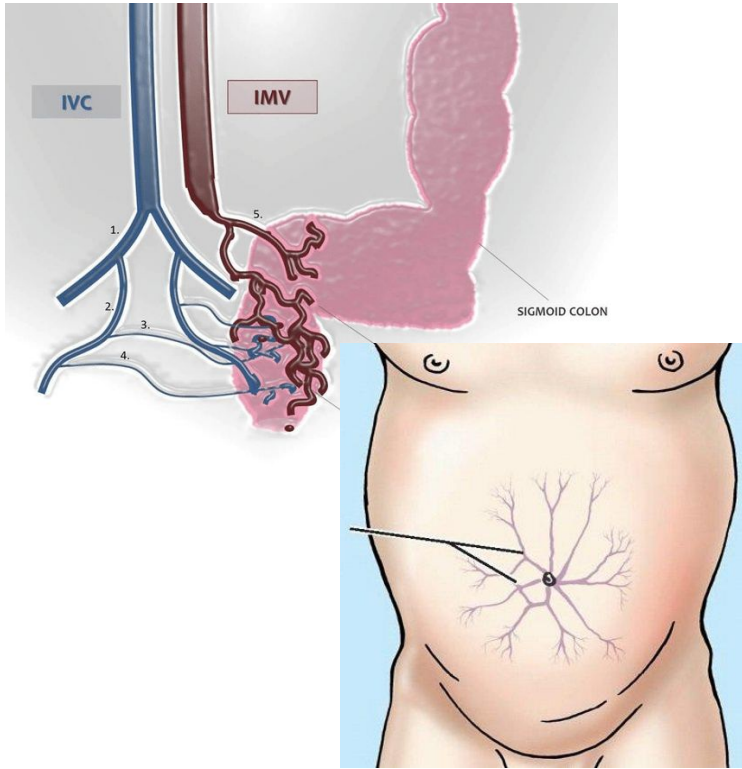
- **Inferior vena cava obstruction**
- **Right-sided heart failure, e.g. from constrictive pericarditis**

- **Budd-Chiari syndrome also known as hepatic vein thrombosis**

Portal hypertension

signs and symptoms:

- **Ascites**
- **Increased spleen size (splenomegaly) and spleen function (hypersplenism), which may lead to lower platelet counts (thrombocytopenia)**
- **Anorectal varices**
- **Swollen veins of the oesophagus (oesophageal varices), which may**



Portal hypertension

Diagnosis:

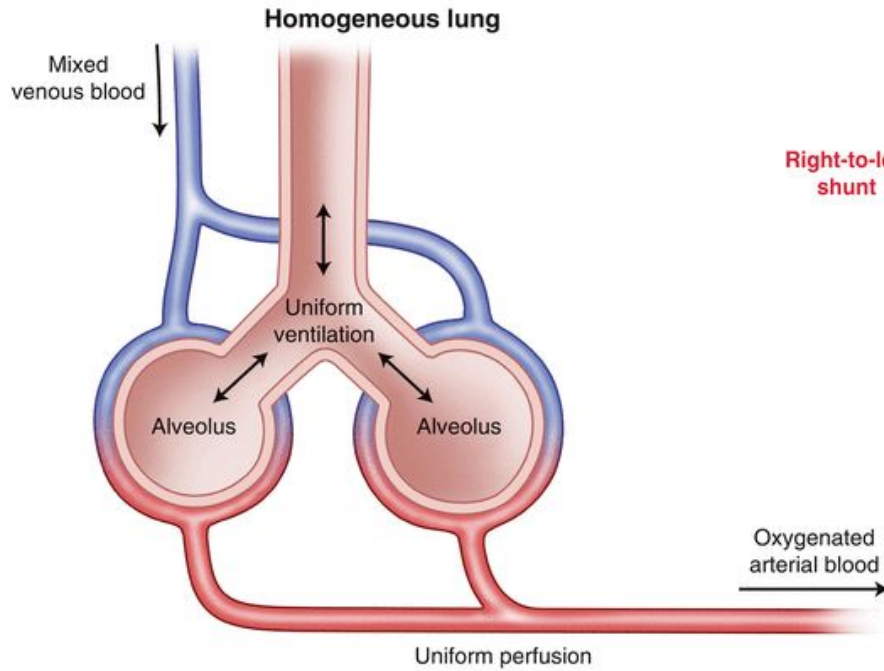
- **Ultrasonography (US): a dilated portal vein (diameter of greater than 13mm) is a sign of portal hypertension**
- **on Doppler ultrasonography, a slow velocity of <16 cm/s in addition to dilatation in the main portal vein are diagnostic of portal hypertension.**
- **The hepatic venous pressure gradient (HVPG) measurement has been**

Hepatopulmonary Syndrome

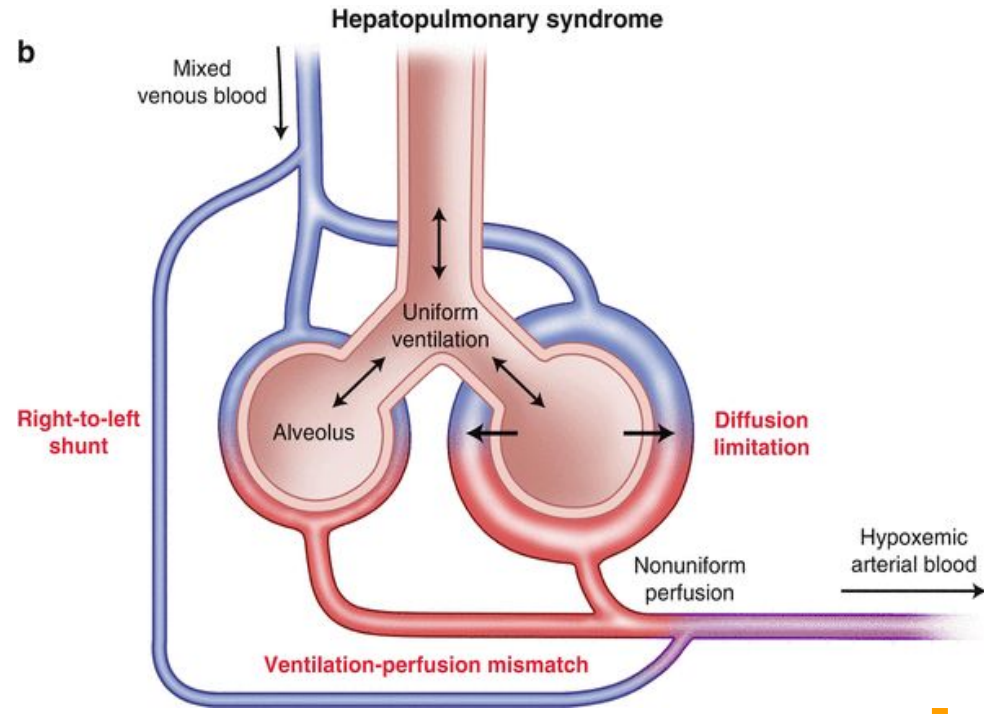
What is a Hepatopulmonary Syndrome ?

HPS is a disease process with a triad of:

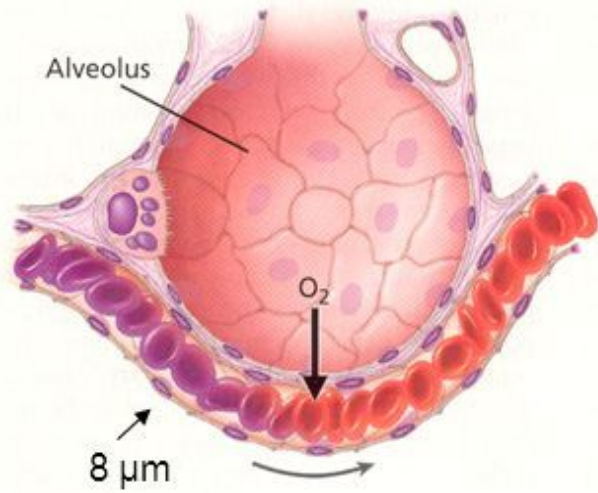
- **Liver disease**
- **Pulmonary vascular dilatation**
- **Gas exchange abnormality presenting with increased Alveolar-arterial gradient on room air (sitting, at rest), that results a gradient on room air (sitting, at rest), that results ultimately in hypoxemia.**



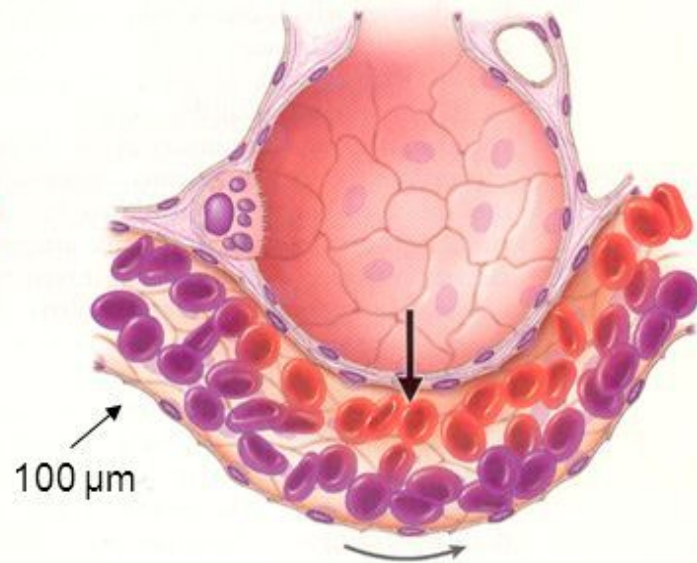
b



Normal oxygen diffusion



Oxygen diffusion in hepatopulmonary syndrome



Hepatopulmonary Syndrome

Cause(s) :

- **Chronic and acute liver failure can cause formation of microscopic intrapulmonary arteriovenous dilations.**

Symptoms :

- **Shortness of breath**
- **Hypoxemia**

Metabolic Syndrome

What is a Metabolic Syndrome ?

- **Metabolic syndrome is the malfunctioning of energy utilization and storage. It is diagnosed by the presence of three out of five of the following medical conditions:**
- **Abdominal obesity**
- **Elevated blood pressure**
- **High serum triglycerides**
- **Elevated fasting plasma glucose**
- **Low levels of HDL (High density lipoproteins)**

Metabolic Syndrome

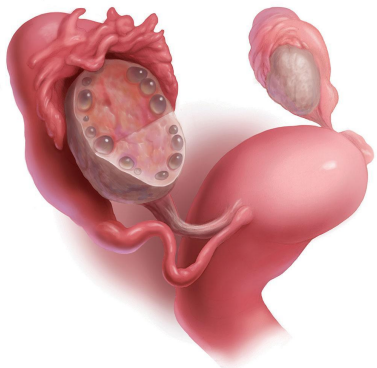
cause(s):

- **Stress**
- **overweight and obesity**
- **Inactive or sedentary lifestyle**
- **Aging**
- **Diabetes mellitus type 2**
- **Coronary heart disease**

Metabolic Syndrome

Symptoms :

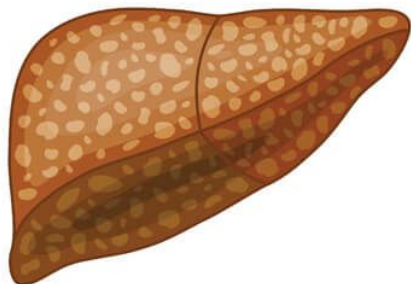
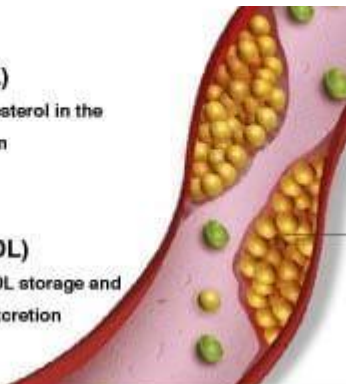
- **Central obesity (abdominal obesity, visceral obesity or apple-shaped obesity)**
- **High blood pressure**
- **Decreased HDL cholesterol**
- **Elevated triglyceride levels**
- **Insulin resistance**



Bad (LDL)
stores cholesterol in the
blood stream



Good (HDL)
regulates LDL storage and
promotes excretion



Metabolic Syndrome

Diagnosis and Tests :

- **Central obesity - waist circumference greater than 102 cm or 40 inches in male and greater than 88 cm or 35 inches in female**
- **Blood pressure more than 130/85**
- **Serum total cholesterol**

- **Blood glucose levels**

Malabsorption Syndrome

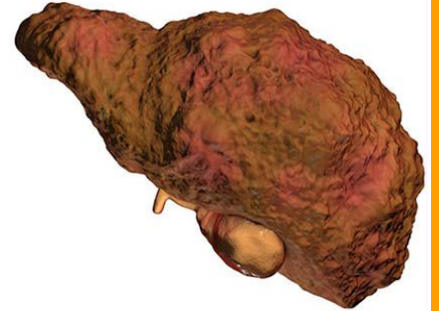
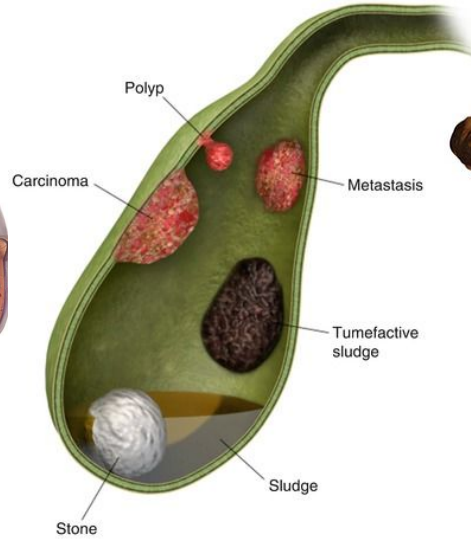
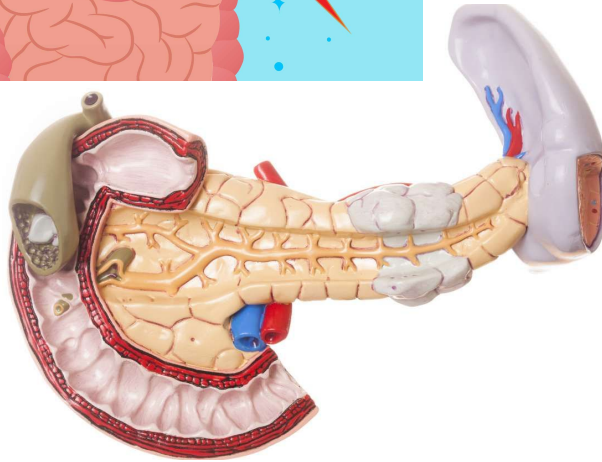
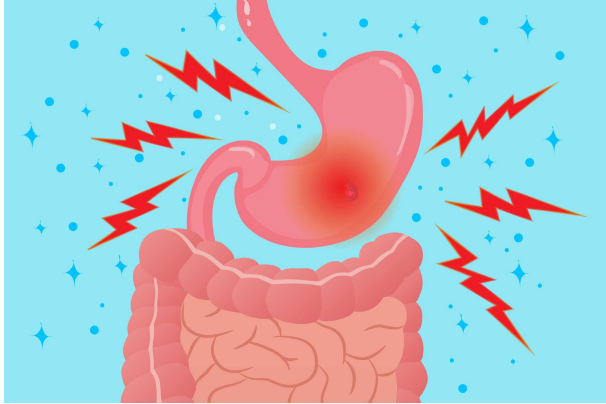
What is a Malabsorption Syndrome ?

- **A number of disorders in which the ability to absorb certain nutrients such as vitamin B12 and iron, into the bloodstream is difficult. Proteins, carbohydrates, fats and nutrients in the small intestine are not absorbed properly in the small intestine, resulting in various deficiency disorders.**

Malabsorption Syndrome

causes:

- Inflammation, disease or injury to the lining of stomach and intestine**
- Body's failure to produce enzymes required for digestion of some food**
- The above conditions are caused by factors such as: Antibiotic use**
- Dairy protein allergies**



Malabsorption Syndrome

Symptoms:

- **Deficiency of certain nutrients cause specific symptoms:
Fats deficiency - Foul smelling, light coloured stools that are soft and bulky**
- **Deficiency of proteins - Fluid retention, dry hair, hair loss**
- **Excessive sugar absorption: Flatulence, explosive diarrhea**
- **Vitamin malabsorption: Malnutrition, muscle wasting, anemia, low blood pressure**

Meigs Syndrome

What is a Meigs Syndrome ?

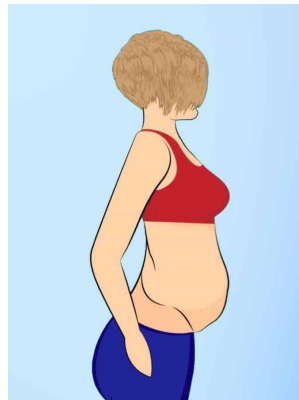
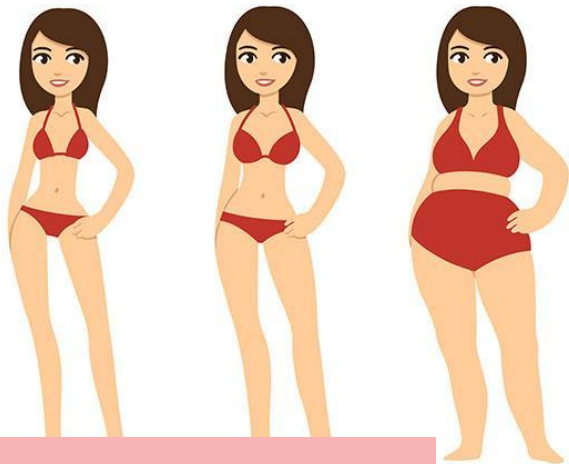
- **Meigs syndrome presents as a triad of ascites, pleural effusion and benign ovarian tumor. The ovarian tumor can be in the form of fibroma, Brenner tumour or granulosa cell tumour.**

Meigs Syndrome

Causes: Unknown

Symptoms:

- **Fatigue**
- **Dyspnea (difficulty in breathing) usually on exertion**
- **Weight gain**
- **Swollen abdomen**
- **Non-productive cough**
- **Irregular menstruation or amenorrhea for premenopausal women**³⁹



Premenstrual Syndrome

What is a Premenstrual Syndrome ?

- **The collection of physical and emotional symptoms a woman presents during a part of her menstrual cycle are called premenstrual syndrome. Specific symptoms may vary in each individual but a particular woman's pattern of symptoms is predictable.**

Causes:

- **Hormonal changes during menstrual cycle**
- **Chemical changes in brain during stress and emotional problems**
- **Changes in the levels of ⁴vitamins, minerals and high sodium content cause water retention and**

PREMENSTRUAL SYNDROME

Symptoms:

Emotional:

- **Stress, anxiety, mood swings**
- **Crying spells**
- **Food cravings**
- **Insomnia**
- **Social withdrawal**
- **Poor concentration**

Reactive Arthritis

What is a Reactive Arthritis ?

- **Reactive Arthritis is a chronic type of arthritis which exists as a combination of arthritis, inflammation of the eyes (conjunctiva) and inflammation of the genital, urinary or gastrointestinal systems.**

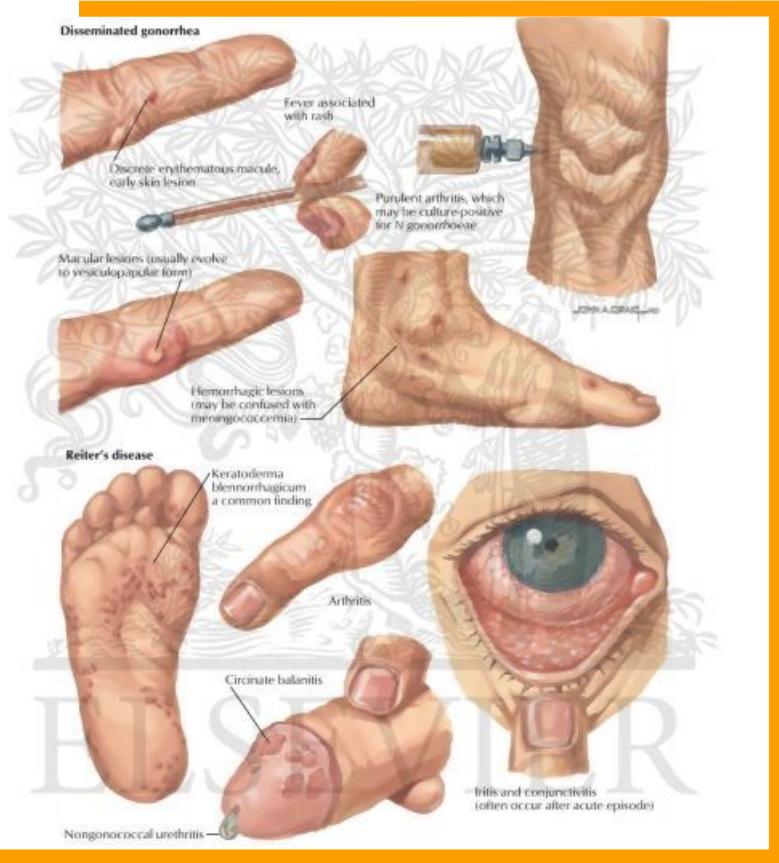
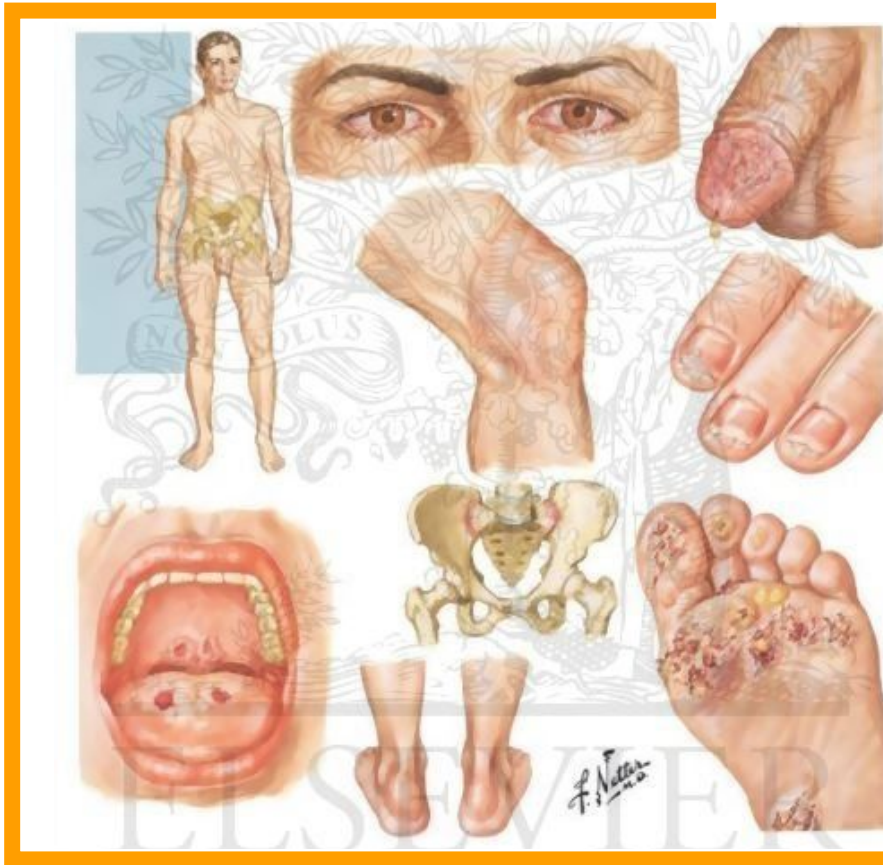
Causes:

- **Reaction to infection in another part of the body, usually the knees, ankles, spine and feet**
- **Sexually transmitted disease can be a trigger**
- **Genetic mutation**

Reactive Arthritis

Symptoms :

- **Arthritis symptoms: Pain, swelling, redness and stiffness of joints, usually involving**
- **Conjunctivitis: Mild inflammation of the eye**
- **Uveitis (inflammation of the eye)**
- **Pain or burning during urination and frequent urge to urinate due to urinary tract infection, may include inflammation of prostate or cervix**
- **Painless ulcers on penis and pus drainage from penis**
- **Pus-filled sores on palms, mouth, soles and penis**

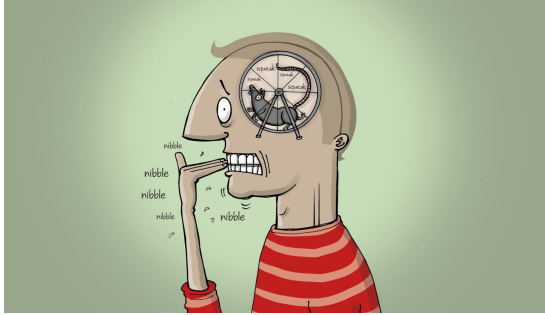


Drug withdrawal

- **Drug withdrawal is the group of symptoms that occur upon the abrupt discontinuation or decrease in intake of medications or recreational drugs.**
- **In order for the symptoms of withdrawal to occur, one must have first developed a form of drug dependence. This may occur as physical dependence, psychological dependence or both. Drug dependence develops from consuming one or more substances**

Drug withdrawal

- **Withdrawal symptoms from opiates include anxiety, sweating, vomiting, and diarrhea.**
- **Alcohol withdrawal symptoms include irritability, fatigue, shaking, sweating, and nausea.**
- **Withdrawal from nicotine can cause irritability, fatigue, insomnia, headache, and difficulty concentrating.**
- **Many prescription and legal nonprescription substances can also cause withdrawal symptoms when individuals stop consuming them, even if they were**



Munchausen Syndrome

What is a Munchausen Syndrome?

- **A Psychiatric disorder in which the person feigns illness or disease to draw attention or sympathy.**

Munchausen Syndrome

Cause(s) :

- **Psychological disturbances due to abuse or neglect as a child**
- **History of frequent illnesses requiring hospitalization**



Munchausen Syndrome

Symptoms :

- Inconsistent and dramatic medical history**
 - Unclear symptoms that become more severe or change as the treatment begins**
 - Relapses of the symptoms after treatment, the relapses are predictable and consistent with certain events that makes the person feels neglected.**
 - The person knows most of the medical terminology and textbook descriptions of the illnesses**
- 52
- IF the tests results are negative for certain**

Pica Syndrome

What is a Pica Syndrome?

- **Pica disorder refers to appetite for eating non-edible and non-nutritive substances such as chalk, paint, sand, etc. This appetite persisting more than one month at the age where eating such objects is considered to be developmentally inappropriate.**

Causes:

- **Mineral deficiency (deficiency of iron, calcium etc)**
- **Chemical imbalance**
- **Parasitosis**



Restless Legs Syndrome

What is a Restless Legs Syndrome?

- **Restless legs syndrome is a neurological disorder that is characterized by an irresistible urge to move one's body to stop uncomfortable or odd sensations, like aching muscles, tickling sensation, itching or crawling feeling. Moving the affected body part provides temporary relief. The sensations typically occur mostly during relaxing, reading, studying or trying to sleep.**

Causes:

- **Genetic - inheritance in an autosomal dominant gene**
- **Iron deficiency found to be associated**
- **Side-effects of medications such as**

Restless Legs Syndrome

Symptoms :

- **About 40% of members have their first symptoms before the age of 20 years**
Urge to move the legs due to some uncomfortable sensations like pain, electrical current, “pins and needles”, itching, feeling of crawling or “falling asleep”. Some people report the urge to move their arms and other parts of the body also.
- **Motor restlessness**
- **Worsening of symptoms when relaxed and during quiet wakefulness**
- **The restlessness is an urge similar to yawning. The individuals have higher rates of depression and anxiety**

Restless Legs Syndrome

Diagnosis and Tests :

- **No specific diagnostic tests**
Clinical examination
- **History of restlessness, not associated with anxiety**
- **US National Institutes of Health criteria for diagnosis (2003) -**
An urge to move the limbs with or without sensations.
- **Relief of the uncomfortable sensation with increase in activity.**
- **Worsening of symptoms during quiet time or rest-time.**

Serotonin Syndrome

What is a Serotonin Syndrome?

- **A collection of symptoms in response to excess serotonin on the central or peripheral nervous system. The symptoms include cognitive, autonomic and somatic effects. Serotonin is a chemical synthesized in the body to enable brain cells and nerve cells to communicate with one another. Too much of it can cause excessive nerve cell activity.**

Causes:

- **Medications such as antidepressants, that affect the body's level of serotonin**

- **Opioids**

- **Psychedelics**

Serotonin Syndrome

Symptoms:

- Agitation or restlessness**
- Dilated pupils**
- Changes in blood pressure or temperature**
- Nausea, vomiting, diarrhea**
- Increased heart rate**
- Tremor, twitching of muscles**
- Shivering and goose bumps**



**true
goose-bun**



Tumor Lysis Syndrome

What is Tumor Lysis Syndrome ?

- **A group of metabolic complications that can occur after treatment of cancer, usually lymphomas and leukemias. They can sometimes occur without treatment.**

Cause:

- **Breakdown of tumour or cancer cells**

Tumor Lysis Syndrome

Symptoms:

- **Hyperkalemia (High potassium levels in blood)**
 - **Cardiac conduction abnormalities**
 - **Severe muscle weakness or paralysis**
- **Hyperphosphatemia (High phosphate levels)**
 - **Acute kidney failure**
 - **Calcium phosphate crystals in kidney**
- **Hypocalcemia (low levels of calcium)**
 - **Tetany (involuntary contraction of muscles)**
 - **Sudden mental incapacity, emotional lability**
 - **Arrhythmogenic movement disorders**

3

Great job! You've deserved to
take a break and have some fun

**Learn English Vocabulary for the Body &
Doctors | Friends**



**Fake it until you make
it.**

Any
questions?

HUGGS!