Life in These Parts

Miscellany

Doctor on Board

An ophthalmologist colleague recounts the following vignette. He had just settled down into his seat on an Air France flight bound for Paris holiday. Once airborne, he noticed a gentleman across the aisle drinking, rather a lot. He would order another glass as soon as he finished one and the pattern continued for sometime.

The gentleman got up to make his way to the back of the jet, no doubt to relieve a certain urgency. There was big thud—the man had collapsed in the aisle. The other passengers gathered around and the flight attendant got alarmed. Soon there was a call overhead, “Is there a doctor on board?”

My colleague had hoped to remain anonymous, but he made himself known to the attendant. As they walked to the rear of the aircraft, he wondered what he’d do. “Yes, ophthalmologists are doctors too, but the man certainly doesn’t need an acute refraction.”

The patient was lying face down, semi-conscious. He was roused and offered his services. “Can I help you? I’m a doctor.”

“So am I,” the patient replied looking at my colleague through the corner of his eye.

“Just too much damn champagne!”
Shafig Quadri Toronto—Stitches, October 94

Q. What did the Zen Buddhist say to the New York hot-dog vendor?

A. “Make me one with everything.”

From Laughter, The Best Medicine
Reader’s Digest June 96

Scene: The Oprah Winfrey Show

“Today, the subject is ghosts.”

“How many of you believe in ghosts?” Most of the hands went up.

“How many of you have seen a ghost?”

A third of the hands went up.

“How many of you had sex with ghosts?”

A lone hand went up.

“You sir, when did you have sex with ghosts?”

“Oh, pardon me, Mam, I thought you said goats.

A Robert Kessler joke heard by humorist Myron Shirasu”

Community Acquired Pneumonia in the Managed Care Era:
Jeffrey Golden, Professor or Clinical Medicine, UCSF, July 22, 1996, Roy’s Restaurant

General Discussion

500,000 patients are hospitalized with pneumonia each year and 10% of these hospitalized patients die because antibiotics are started too late.

Etiology of Pneumonias

Strep pneumonia; mycoplasma; viral; Legionella; Chlamydia; Hemophilus; Moranella...But in 50% of cases, we never know the exact etiology.

Pneumonia in elderly

- Influenza 33.7%
- Staphylococcus 31.4%
- Pneumonia 7%
- Mixed 17.4%
- Gram negative

- Predisposing Factors
- Aspiration and cigarette smoking.
- Elderly Hospitalizations
- Mostly pneumococcal bacteremia.
- Mortality: Overall 30.5%; ICU - 86%
- Clinical Features in Elderly pneumonia:
  - 27% lethal; high index of suspicion necessary
- Sx & Sy’s in Elderly Pneumonia:
  - Confusion
  - Insidious deterioration
  - 40% lack fever & cough

***Acute confusion, lethargy, tachypnea

“We need up front time with antibiotics. Treat Early & Treat Broadly”

***Notypical clinical pattern whether the organism is pneumococcus, Legionella, or mycoplasma.

Office Evaluation

- Chest X-rays:
  - Takes 6 weeks to normalize
  - Lobar: typical

- Diffuse: atypical
- Pleural effusion: Tap if more than 24
- Gram Stains
  94%: correct antibiotics; pneumococcal resistance more than 40%
- Sputum Culture
  - Costs $39. vs. Hospitalization costing $4,500
- Choice of Antibiotics
  - Augmentin
  - Cephalosporin
  - CIPRO
  - New Macrolides
  - Zithromax: 72 hour 1/2 life; Europe: 3 day therapy; in U.S.: 5 day therapy; high tissue level

Recommendations of the American Thoracic Society

- Spum gram stain
- Chest X-ray
- Guidelines for therapy
  - Consider place of therapy
  - Cormorbidit of patient
  - Severity of illness
  - Choice of Therapy
  - Use Macrolides (or Erythromycin and tetracyclines)

In Managed Care

- Do fewer tests and treat empirically viz
  - Monotherapy with the new macrolides
  - or Erythromycin with 2nd drug

On Lipid Management in the 90s

Truisms by Nancy Jean M. Vukovich Bohannon, MD FACP Associate Clinical Professor of Medicine, Family and Community Medicine, UCSF June 21, 1996, Kyoyo

- Smokers in Japan have less CHD because of the low cholesterol Japanese diet
- Even with normal cholesterol levels, diabetics have more CHD (because of inability to metabolize cholesterol)
- The most common cause of MI under age 30 is diabetes
- Diabetics have more frozen shoulders, trigger fingers and hammer toes because of glycosolated tendons (Diabetics have difficulty getting their hands together for prayer)
- ACE inhibitors have a role in preventing CHD in diabetics
- 12.7 million people in the U.S. are candidates for cholesterol lowering drugs, but only 3 million are on cholesterol therapy
- 80% of diabetics die cardiovascular deaths
- PPS (Provastatin Primary Prevention Study): 36% decrease in non-fatal MI; 22% decrease in total mortality
- 45 (Simvastatin Scandinavian Survival Study): 42% decrease in CAD mortality; 32% decrease in total mortality

WAIIKIKI

gallery

CONTEMPORARY ART

Seabirds by Louis Pohl

Fine art enhances the spaces in which people live and work.

*A portion of the sales to physician members will help support the HMA.

Visit us at our new location
Aston Park Shore Hotel
2586 Kalakaua Avenue
Corner of Kalakaua and Kapahulu
922-7701

http://www.waikiki-gallery.com