

# 9.9 Principles of contraception 1626

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9.9 Principles of contraception Zara Haider ESSENTIALS A wide range of contraceptive methods is available (increasing year on year), which can be classified as hormonal or nonhormonal, shorter or longer lasting, and reversible or irreversible. A full range of these should be available from accessible sources such as primary care facilities, sexual health clinics, and outreach clinics. When particular methods are not available from any source there should be a pathway for easy, timely access of that method from a nearby location. Clinicians must deliver up-to-date, accurate, unbiased information about each contraceptive method including details of efficacy, advantages, noncontraceptive benefits, side effects, disadvantages, and risks. They should discuss the contraceptive options with each patient to find the right method for them, taking into account their history (medical, drug, gynaecological, and so on), lifestyle choices, beliefs and concerns. The patient must have enough information to make an informed choice and feel part of the negotiation process to maximize the chance of them continuing with the chosen method. No contraceptive method is 100% effective (apart from abstinence) and where there is potential risk of conception due to unprotected sex or an error with a contraceptive regimen, the patient must be informed about methods of emergency (post-coital) contraception, the most effective being the post-coital intrauterine device. Education of the public about the benefits of contraception is vital and must be done in a timely way (e.g. through school sex education, media, and online resources).

**Introduction** Every woman should have the right and ability to control her fertility. With careful history taking, explanation, and negotiation, a clinician and woman should come to agreement about the most suitable contraceptive method for her, based on a myriad of factors. Encouraging women to use more cost-effective long-acting methods should be a priority in the current economic climate with the cost of raising a child and the cost of performing a termination of pregnancy far outweighing the cost of providing fertility control. **History taking** To find the most appropriate contraceptive method for an individual, an accurate, concise history needs to be taken. The clinician should refer to the UK Medical Eligibility Criteria (UKMEC) <https://www.fsrh.org/standards-and-guidance/documents/ukmec-2016-summary-sheets/> for guidance, as certain methods might be contraindicated and alternative choices should be considered where necessary. History taking should include the following: Medical history (see UKMEC for more details: <https://www.fsrh.org/standards-and-guidance/documents/ukmec-2016-summary-sheets/>)

org/standards-and-guidance/documents/ukmec-2016-summary-sheets/) • Enquire about medical conditions that might contraindicate use of certain methods (e.g. cardiovascular disease, hypertension, venous thromboembolism, migraine, liver disease, breast cancer) • Enquire about family history of medical issues (especially if affecting <45-year-old first-degree family members) Drug history: • Ask about prescribed and over-the-counter drugs. Is the patient taking any liver enzyme-inducing drugs, for example, St John's Wort? (These cause reduced efficacy of COC, POP, and subdermal implant, so consider alternative methods) Gynaecological history: • Last menstrual period: timing and nature, menstrual cycle, bleeding pattern, and consider noncontraceptive benefits of

9.9 Principles of contraception 1627 lighter, regular, less painful menses with certain contraceptive methods • Is there a risk of pregnancy? Consider the need for a pregnancy test Sexual history: • Concise history, which should include the questions: ■ 'When did you last have sex?' ■ 'When did you last have sex with anyone different?' • Ask about sexually transmitted infection (STI) symptoms (e.g. change in vaginal discharge, dysuria, pelvic pain, vulval lesions, and so on) • Offer STI testing Social history: • Smoking (current or in the past) • History of sexual assault/domestic violence Examination: • Body mass index (BMI) • Blood pressure Effectiveness of contraceptive methods Failure rates are expressed as conceptions per 100 women years. 'Perfect use' means that the method is used consistently and correctly at every intercourse. 'Typical use' means imperfect use and depends on characteristics such as age, social class, acceptability of contraception in the population studied, and so on. Examples of imperfect use are missed pills, split condoms, failing to leave diaphragm in for six hours after intercourse, and so on (see Table 9.9.1). A brief overview of contraceptive methods Long-acting reversible contraceptive methods See Fig. 9.9.1. Combined hormonal contraception and the progestogen-only pill See Fig. 9.9.2. Male and female sterilization See Table 9.9.2. Barrier contraceptive methods See Fig. 9.9.3. Emergency contraception See Fig. 9.9.4. Fertility awareness based methods Mechanism of action: a woman needs to identify her fertile and infertile times of the cycle using various fertility indicators (e.g. changes in cervical mucous, menstrual cycle calculations, and basal body temperature). Alternatively, there is Persona which is a small handheld computerized monitor which measures hormonal changes using urine sticks (94% effective). Advantages: no side effects, body awareness, and can be used to plan pregnancy. Disadvantages: need to learn method from a trained teacher, need to avoid sex or use condom during fertile times, it takes 3–6 menstrual cycles to learn effectively, and the patient must keep daily records. Table 9.9.1 Effectiveness of contraceptive methods: percentage of US women experiencing an unintended pregnancy during the first year of use

Method	% Pregnant Typical use	Perfect use
No method	85	85
Withdrawal	22	4
Diaphragm	12	6
Female condom	21	5
Male condom	18	2
Progestogen-only pill	9	0.3
Combined oral contraceptive pill	9	0.3
Patch	9	0.3
Vaginal ring	9	0.3
Female sterilization	0.5	0.5
Male sterilization	0.15	0.1
Medroxyprogesterone acetate injection	6	0.2
Copper intrauterine device (IUD)	0.8	0.6
Levonorgestrel intrauterine system (IUS)	0.2	0.2
Subdermal etonogestrel implant	0.05	0.05
Fertility awareness based methods		
Calendar	24	4–5
Ovulation method	24	3
Sympto-thermal	24	0.4

Source data from Trussell J In: Hatcher R, Trussell J, Nelson A et al. (eds), Contraception Technology, New York, NY: Ardent Media 2011.

Section 9 Sexually transmitted diseases 1628 Fig. 9.9.1 Long-acting reversible contraceptive methods.

## 9.9 Principles of contraception 1629 Fig. 9.9.1 Continued

Section 9 Sexually transmitted diseases 1630 Fig. 9.9.2 Combined hormonal contraception and the progestogen-only pill.

9.9 Principles of contraception 1631 Fig. 9.9.2 Continued Table 9.9.2 Male and female sterilization  
Method Male sterilization (vasectomy) Female sterilization Mode of action The vas deferens is occluded by cutting, sealing, or tying. Most commonly done using 'no scalpel' method Must be considered irreversible The fallopian tubes are cut and sealed. This is done at laparoscopy, mini laparotomy, or open procedure (e.g. post caesarean section). Must be considered irreversible Advantages Difficult to reverse No serious long-term side effects Quick to perform under local anaesthetic Difficult to reverse Periods unaffected Disadvantages Surgical procedure must be performed by trained clinician Pain post procedure and surgical risks Must wait for azoospermia (16–18 weeks). Need to use alternative precautions during this time Chronic scrotal pain Sperm granulomata: leakage of sperm may form small painful lumps (sperm granuloma) Surgical procedure must be performed by trained clinician Pain post procedure and surgical risks Small risk of ectopic pregnancy if procedure fails

Section 9 Sexually transmitted diseases 1632 Fig. 9.9.3 Barrier contraceptive methods.

9.9 Principles of contraception 1633 Fig. 9.9.4 Emergency contraception.

Section 9 Sexually transmitted diseases 1634 FURTHER READING Faculty of Sexual and Reproductive Healthcare. Guidance on all contraceptive methods. <https://www.fsrh.org> Family Planning Association. <http://www.fpa.org.uk/help-and-advice/contraception-help> fertility-awareness.com Glasier A, Gebbie A (2008). Handbook of family planning and reproductive healthcare. Churchill Livingstone Elsevier, London. Guillebaud J (2013). Contraception—your questions answered, 6th edition. Churchill Livingstone Elsevier, London. Trussell J (2011). Contraceptive failure in the United States, *Contraception*, 83, 397–404. UK Medical Eligibility Criteria (UKMEC) (2009). Available as full version and summary sheets on [fsrh.org](http://www.fsrh.org). <http://www.fsrh.org/pdfs/UKMEC2009.pdf>

VOLUME 1 pp. 1–1634 VOLUME 2 pp. 1635–3238 VOLUME 3 pp. 3239–5166 VOLUME 4 pp. 5167–6654 Index Tables, figures, and boxes are indicated by t, f, and b following the page number Note: For the benefit of digital users, indexed terms that span two pages (e.g., 52–53) may, on occasion, appear on only one of those pages. AA amyloidosis 2217, 2219, 4262, 6161 associated conditions 2219, 2220b clinical features 2220 management 2232 systemic 4259 AAI pacemakers 3359–60 A band 6305f, 6305 abatacept (CTLA4-Ig) 101t, 104–5 diabetes mellitus type 1 2500 rheumatoid arthritis management 4437t systemic lupus erythematosus management 4511 Abbreviated Mental Test score (AMT-4) 542, 6451b, 6451 confusion 6455, 6456 ABCA1 deficiency see Tangier disease (ABCA1 deficiency) ABCD2 score, transient ischaemic attacks 6014 ABCDE approach 3845 acute respiratory failure 3869 airway and breathing 3845 cardiac arrest 3845 circulation 3845 coronary reperfusion 3845 post-intensive care syndrome 3927 ABCDEFG approach 3832t abciximab 3635 ABC mnemonic, irritable bowel syndrome 2951, 2952f ABC (airway, breathing, and circulation) traumatic brain injury 6044 abdominal actinomycoses 1173 abdominal aortic aneurysm 3685 cardiovascular syphilis 3540 definition 3685 detection pre-rupture 3686f,

3686 endovascular aneurysm repair 3687 epidemiology 3682t, 3685 medical management 3687 ruptured aneurysm 3686 adult screening 142f, 149t, 150 surgery 3687 abdominal bruit 3758-59 abdominal muscles 4113 abdominal pain 2730 acute abdomen 2730 acute porphyria 2039, 2050 acute rheumatic fever 3514f, 3514 arterial occlusion in acute kidney disease 4825 chronic pain 2728t, 2730, 2731f chronic upper urinary tract obstruction 5129 constipation/faecal incontinence 598 Crohn's disease 2927 familial chylomicronaemia 2076 hepatocellular carcinoma 3180 hereditary fructose intolerance (fructosaemia) 1997 mesenteric ischaemia 3685 recurrent pain 2728t, 2730, 2731f retroperitoneal fibrosis 5132 temporal lobe seizures 5863-64 ulcerative colitis 2940 abdominal wall anterior defects 2968 abetalipoproteinaemia 2071 differential diagnosis 2168t, 2169t Abiotrophia infections 973 abiraterone 5145 ABO system 5566, 5566t compatibility in transplantation 404t incompatibility, haemolytic disease of the newborn 5486 matching in lung transplantation 4295 absence seizures 5864, 5865f absent pulmonary valve syndrome 3587 absorbents 5152 ABSORB III trial 3659 absorption enhancers, dermatological vehicles 5762 lipids 2064, 2065f pharmacokinetic drug interactions 93, 94t pharmacokinetics 78f, 78 older patient 572 prevention, drug overdose management 6639t rate see pharmacokinetics absorptive function tests 2878 abuse, ageing 543, 545t Academy of Medical Royal Colleges (AoMRC) 6541 acamprosate 3145, 6490 Acanthamoeba infection granulomatous amoebic encephalitis 1393 keratitis 1393, 6408t, 6427-28, 6428f acanthocytosis 5463 acanthosis nigricans diabetes mellitus 5747f, 5747 insulin resistance 2474 acarbose 2497 Acari (ticks) 1813 ACCENT 1 study 2933 acclimatization see high terrestrial altitudes ACCORD (Action to Control Cardiovascular Risk in Diabetes) trial blood pressure control in diabetic nephropathy 4982 glycaemic control in diabetic nephropathy 4980 hypertension diagnostic thresholds 3762-63 ACE (angiotensin-converting enzyme) adult values 6582t assay 5785 sarcoidosis 5744 vasoconstrictors 3246f, 3249 ACE inhibitors acute kidney injury prevention 4811 acute rheumatic fever management 3516 adverse reactions 3414 ascites 3067 atherosclerotic renovascular disease 5045 autonomic nervous system disorders 6161 CKD 4836 distal renal tubular acidosis with hyperkalaemia (previous type IV) 5109 hyperkalaemia 4760 pityriasis rosea 5628 renal disease 4778 urticaria/angioedema 5673 aortic regurgitation management 3454 blood pressure control in CKD 4842 cardiogenic anasarca management 3405 cardiorenal syndrome 3424-25 chronic heart failure management 3414f, 3414 CKD in pregnancy 2594t congenitally corrected transposition of the great arteries 3583 contraindications, pregnancy, and breastfeeding 3414 dilated cardiomyopathy management 3481 drug interactions, lithium 6468 Duchenne's muscular dystrophy management 6317-18 focal segmental glomerulosclerosis management 4926, 4927 frailty and sarcopenia management 530 HIV-related dilated cardiomyopathy 3535-36 hypertension in diabetes 2524 hypertension management 3766t, 3768 contraindications 3767t hypertension with acute stroke 3809 left ventricular dysfunction management 3649 malignant hypertension management 3805, 3806t mechanism of action 3414 membranoproliferative glomerulonephritis 4941 minimal-change nephrotic syndrome management 4921 mitral regurgitation management 3446 nonalcoholic fatty liver disease 3152 poisoning by 1734 post-renal transplant hypertension 4899-900 pregnancy 2707 primary aldosteronism screening 2354 renal disease, effects of 5155-56 scleroderma renal crisis management 5008 stable angina prevention 3623 STEMI management 3651 acemetacin 4449 aceruloplasminaemia (ACP) 2099t, 6252t, 6253 with iron deposition (haemosiderosis) in basal ganglia 2113

2 Index VOLUME 1 pp. 1-1634 VOLUME 2 pp. 1635-3238 VOLUME 3 pp. 3239-5166 VOLUME 4 pp. 5167-6654 acetaminophen see paracetamol (acetaminophen) acetazolamide epilepsy management 5875 familial hypokalaemic periodic paralysis management 4756 idiopathic

intracranial hypertension management 6058 acetone poisoning 1762 N-acetylaspartic aciduria (Canavan's disease) 1968, 1969f acetylcholine (ACh) 6304–5 nicotinic acetylcholine receptor binding 248 nitric oxide synthesis 3247 receptor deficiency 6301 acetylcholinesterase inhibitors 5851 acetyl CoA 1842 N-acetylcysteine 1744 alcoholic liver disease management 3144 drug-induced liver injury 3157 liver failure management 3099 meconium ileus 2972  $\alpha$ -N-acetylgalactosaminidase (NAGA) 6231 N-acetylglutamate synthetase deficiency 1949t, 1953 acetylsalicylic acid (ASA) 4594 achalasia 2728 Achilles tendinopathy 4412t achlorhydria 2867 achondroplasia 4656 achondroplasia-like dwarfism 4656 Achromobacter infection 4157 aciclovir adverse reactions 702t encephalopathy adverse reactions 4819 herpes simplex virus infection 2807 pregnancy 2681 resistance 740 herpes zoster infection 2808 renal disease, effects of 5163t skin disease management 5770 viral encephalitis management 6094 viral meningitis management 6094 acid-base disorders 2182, 2182t anion gap acidosis see anion gap acidosis compensation for 2183b diagnosis 2183b, 2183 serum anion gap 2184 type characterization 2183 epithelial cell transport and 2185 extracellular fluid chemistry 2184, 2185f gastrointestinal tract 2192 colon 2194f, 2194 small intestine 2192, 2193f stomach 2192 intake associated 2197 kidney and 2186 collecting duct 2189f, 2189 distal tubule 2188f, 2188 proximal tubule 2186f, 2186 thick ascending limb of Henlé's loop 2187, 2188f management 2198 mesenteric venous thrombosis 3002 neurological disorders 6373 skin 2194 sweat gland ducts 2194f, 2194 symptoms 2198 see also hyperchloraemic acidosis; hyperchloraemic alkalosis; metabolic acidosis; metabolic alkalosis acid-base homeostasis arterial blood gas testing 3964, 3964t, 3965f bowel resection 2913 CKD pathophysiology 4836 collecting duct 5105 COPD 4118 proximal tubule 5105f, 5105 acid maltase deficiency (glycogenosis type II) 6337 acidosis CKD 4844 diabetic ketoacidosis 2506, 2509 hyperkalaemia causes 4761 metabolic see metabolic acidosis severe malaria infections 1405 acidotic breathing see Kussmaul respiration (acidotic breathing) acid poisoning 1762 acid suppression acute upper gastrointestinal bleeding management 2776 gastro-oesophageal reflux disease management 2832 acinar cells 3210 carcinoma 3234 ACLF see acute-on-chronic liver failure (ACLF) acne 5703 aetiology 5703 clinical features 5704f, 5704 clinical investigations 5704 comorbidities 5708 complication 5708 cyanotic heart disease 3564 differential diagnosis 5704, 5705t epidemiology 5703 management 5704, 5705t pathogenesis 5704f, 5704 pregnancy 2649 prognosis 5707 psychosocial effects 5708 variants 5707 acne conglobata 5707 acne excoria 5707 acne fulminans 5707 aconite (Aconitum) 204, 1829 acoustic neuroma 464 acquired angio-oedema 4045 acquired aplastic anaemia 5338 aetiology 5338, 5339t clinical features 5339t, 5341 clinical investigations 5341 abdominal ultrasound 5342 anti-DNA antibodies 5341 antinuclear antibodies 5341 bone marrow aspirate 5341, 5342f bone marrow cytogenetics 5342 chest radiographs 5342 folate 5341 full blood count 5341 inherited disease screens 5342 liver function tests 5341 molecular genetics 5342 PNH screen 5341 trephine biopsy 5341 virology 5341 vitamin B12 5341 incidence 5338 management 5343f, 5343 haematopoietic stem cell transplantation 5344 immunosuppressive management 5345 infections 5343 psychological support 5343 transfusions 5343 paroxysmal nocturnal haemoglobinuria vs. 5351f, 5351 pathogenesis 5340 prognosis 5343 acquired chorea see chorea acquired coagulation disorders 5546, 5548t acquired von Willebrand's syndrome 5555 desmopressin 5549 factor V inhibitors 5554 factor VII inhibitors 5555 factor IX inhibitors 5555 factor X inhibitors 5554 factor XI inhibitors 5555 factor XIII inhibitors 5554 general clinical approach 5546 heparin 5555 heparin-like anticoagulants 5555 hyperfibrinolysis 5555 cardiopulmonary bypass surgery 5555 malignancies 5555 thrombotic management 5555 hypoprothrombinaemia 5554 immunoglobulin-mediated factor deficiency 5553 acquired factor VIII inhibitor 5550t, 5554 macrovascular thrombosis 5557 adenocarcinoma-associated disseminated

intravascular coagulation 5559f, 5559 antiphospholipid antibody syndrome (lupus anticoagulant) 5559 heparin-induced thrombocytopenia (HIT) 5557 protamine-induced thrombocytopenia 5559 management 5547 microvascular thrombosis 5560 coumarin-induced limb gangrene 5560 coumarin-induced skin necrosis 5560f, 5560, 5560t purpura fulminans 5560 septicaemia 5561 symmetrical peripheral gangrene 5560, 5561f systemic inflammatory response syndromes 5561 thrombotic microangiopathy 5561 pharmacological therapies 5549 plasma cell dyscrasia 5555 prohaemorrhagic coagulation disorders 5546, 5549 acute haemolysis 5553 acute ischaemic hepatitis (shock liver) 5552 direct oral anticoagulant overanticoagulation (DOACs) 5551 disseminated intravascular coagulation see disseminated intravascular coagulation (DIC) haemodilution in transfusion 5552 immunological disorders 5553 infections 5553 liver disease see liver disease obstetric complications 5553 trauma 5552 vascular anomalies 5553 vitamin K deficiency 5549 vitamin K-dependent coagulation factors 5549 prothrombotic coagulation disorders 5547, 5557 screening tests 5548t, 5550t secondary to plasma cell dyscrasia 5551b, 5555 specific factor conjugates 5549 thrombin inhibitors 5554 venom induced 5556 snake bites 5556, 5560t acquired haemolytic anaemia 5479 immune haemolytic anaemias 5480 alloimmune haemolytic anaemias see alloimmune haemolytic anaemias autoimmune haemolytic anaemias see autoimmune haemolytic anaemias nonimmune acquired haemolytic anaemias 5486b, 5486 chemicals 5486, 5487t infection 5486 mechanical causes 5487 thermal haemolysis 5487 acquired haemophagocytic lymphohistiocytosis 5261f, 5261 acquired hepatocerebral degeneration 6370 acquired hypoparathyroidism 2321b, 2328 acquired idiopathic sideroblastic anaemia (refractory anaemia with ring sideroblasts) 5452b, 5453 aetiology 5454 clinical features 5454 laboratory features 5454 management 5454 pathogenesis 5453f, 5454 prognosis 5454, 5454t acquired lymphangiectases (acquired lymphangioma) 5722

Index 3 VOLUME 1 pp. 1-1634 VOLUME 2 pp. 1635-3238 VOLUME 3 pp. 3239-5166 VOLUME 4 pp. 5167-6654 acquired melanocytic naevi (moles) 5733, 5734f acquired methaemoglobulinaemia 5449 acquired nephrogenic diabetes insipidus 4770 acquired neuromyotonia 6341 acquired neutropenia, hypersplenism see hypersplenism acquired nonimmune haemolytic anaemias 5479 acquired non-QT syndrome 3384 acquired pernicious anaemia 5408, 5413 aetiology 5413 clinical features 5414 cardiovascular disease 5416f, 5416 malignancy 5416 mental deterioration 5416 neural tube defects 5415 definition 5413 pathology 5414 acquired thrombotic thrombocytopenic purpura 5527 ACR see American College of Rheumatology (ACR) acral lentiginous melanoma 5738, 5739f acrocyanosis/perniosis (cold injury) 5713 acrodermatitis chronica atrophicans, Lyme borreliosis 1184 acrodermatitis enteropathica 1878f, 1878 acromegaly 2266 cardiac disease 3497 clinical features 2266b, 2266 diagnosis 2267 insulin tolerance test 2263 management 2267 mortality 2267 myopathies 6339 neuropathies 6187 pregnancy 2641 acrylamide neuropathies 6188 ACS see acute coronary syndrome (ACS) ACTH see adrenocorticotrophic hormone (ACTH) ACTH-dependent Cushing's syndrome see Cushing's syndrome ACTH-independent Cushing's syndrome see Cushing's syndrome actin 269-70 filaments 214-15 actinic prurigo (AP) 5690, 5691f Actinomyces bovis infection 3174 Actinomyces israelii infection 3174, 6430 actinomycoses 1170 aetiology 1170, 1171t clinical manifestations 1173 abdominal actinomycoses 1173 bone disease 1174 cervicofacial actinomycoses 1173 CNS infections 1174 cutaneous actinomycoses 1174 endocarditis 1174 thoracic actinomycoses 1173, 1173t diagnosis 1174 bacteriology 1172f, 1174 clinical chemistry 1174 haematology 1174 radiography 1174 serology 1175 epidemiology 1171 management 1175 pathogenesis/pathology 1171 histopathology 1172f, 1172 synergistic polymicrobial disease 1171, 1172t prognosis 1175 Action on Smoking for Health (ASH) 4104 action

potentials 247 demyelination 6028 activated partial thromboplastin time (APTT) 3730 acquired coagulation disorders 5548t bleeding tendencies 5513 activation-induced cell death (AICD) 277–78 active tubular secretion, drug excretion 81–82 activin 262 hormone signalling 2252, 2255f iron overload 5400 activities of daily living (ADLs) 565 ACUITY trial 3638 acupressure 109b acupuncture 109b, 203 Chinese vs. Western 203 osteoarthritis management 4479t tension-type headaches 5995 acute abdomen 2730, 2765 aetiology 2765, 2766t clinical features 2765 examination 2766 history 2765 investigation 2766 imaging 2767f, 2767, 2768f laboratory tests 2767 management 2768 surgery 2769t medical causes 2769 acute porphyria 2770 acute urinary retention 2770 Addisonian crisis 2770 cocaine abuse 2770 constipation 2770 diabetic ketoacidosis 2769 gastroenteritis 2770 herpes zoster 2770 pneumonia 2770 rectus sheath haematoma 2770 spontaneous splenic rupture 2770 medical wards 2768 cardiac disease 2769 colonic pseudo-obstruction (Ogilvie's syndrome) 2768 elderly 2769 iatrogenic problems 2769 immunosuppression 2768 inflammatory bowel disease 2769 liver disease 2769 presentation 6612 acute aortic syndrome 3674 aetiology 3675f, 3676f, 3676, 3677b risk factors 3676 classification 3676f, 3676 clinical features 3674b, 3677 follow-up 3680 investigations 3677 blood tests 3678 chest radiography 3677f, 3677 ECG 3678 imaging studies 3678f, 3678, 3678t, 3679f management 3679 emergency management 3679 surgery 3679 pathogenesis 3675f, 3675, 3676f prognosis 3680 acute asthma see asthma acute calcific periarthritis 4493f, 4493 acute calcium pyrophosphate crystal deposition 4490, 4493 acute care for elders (ACE) 553 acute cellular rejection heart transplantation 3429 liver transplantation 3103, 3105 renal transplant 4886, 4886t acute chest syndrome, sickle cell disorders 5443, 5446 acute confusional state cognitive impairment 6451 presentation 6621 acute coronary syndrome (ACS) 3626 aetiology 3627, 3628f atherosclerosis see atherosclerosis chest pain 3278 clinical definition 3627 clinical presentation 3628 definition 3628 ECG 3278, 3304, 3305t probability 3305 prognosis 3304 triage 3305 management without ST-elevation 3628, 3633 anticoagulant management 3636, 3638 anti-ischaemic management 3633, 3634b antiplatelet management 3634, 3638, 3642f, 3642 coronary artery bypass surgery 3641 emergency departments 3640b, 3640 glycoprotein IIb/IIIb inhibitors 3635, 3636b high-risk status 3640 integrated management 3639 low molecular weight management 3642 low-risk status 3636t, 3640 P2Y12 receptor inhibitors 3635, 3636t potassium channel activators 3634b revascularization 3638 risk stratification 3630t, 3639 secondary prevention 3642, 3643t outcomes 3629, 3630t biochemical markers 3630, 3631f, 3631t clinical syndrome 3629 ECG 3628t, 3630 imaging 3632 large-scale observational registry studies 3629 trial data 3629 prognosis 3628t risk characterization 3632, 3633b, 3633t secondary prevention 3642, 3643t secondary prevention measures (STEMI or non-STEMI) 3651 cardiovascular risk reduction 3651, 3651t, 3652t nonpharmacological interventions 3651 pharmacological interventions 3651 STEMI see ST-segment elevation myocardial infarction (STEMI) see also non-ST elevation myocardial infarction (NSTEMI); ST-segment elevation myocardial infarction (STEMI); unstable angina (UA) acute cutaneous lupus erythematosus (ACLE) 5652b, 5653f, 5653 Acute Dialysis Quality Initiative 3422, 3422t acute disseminated encephalomyelitis (ADEM) 6038 diagnosis 6132 epidemiology 6084 acute eosinophilic pneumonia (Löffler's syndrome, simple pulmonary eosinophilia) 4239, 4278–79, 4600f, 4600 acute exacerbation of chronic obstructive pulmonary disorder (AECOPD) see chronic obstructive pulmonary disorder (COPD) acute fatty liver of pregnancy (AFLP) 2592, 2621, 2704 acute generalized exanthematous pustulosis (AGEP) 5754t, 5759 acute hospitals 548, 549b components 551, 552b, 561b, 561 dignity 614b, 614 acute infantile spinal muscular atrophy type I (Werdnig–Hoffman disease) 6173 acute inflammatory demyelinating polyradiculoneuropathy (AIDP) 6177 acute interstitial nephritis (AIN) 4951 acute kidney injury 4826 aetiology 4951, 4952b

4 Index VOLUME 1 pp. 1-1634 VOLUME 2 pp. 1635-3238 VOLUME 3 pp. 3239-5166 VOLUME 4 pp. 5167-6654 immune disease 4952 infections 4952 clinical features 4954, 4954t drug-induced 4954 clinical investigations 4955 differential diagnosis 4954 epidemiology 4954 future developments 4955 historical perspective 4951 management 4955 pathogenesis 4953 pathology 4953f, 4953 prognosis 4955 acute interstitial pneumonia (Hamman-Rich syndrome) 4170 acute ischaemic hepatitis (shock liver) 5552 acute kidney injury (AKI) 4769, 4807 acute interstitial nephritis diagnosis 4955 age distribution 4809f causes 4808, 4809b, 4809, 4810t, 4819 acute interstitial nephritis 4826 glomerulonephritis 4823b, 4826 haematological causes 4827 hepatorenal syndrome 4827 nephrotoxins 4822b, 4822 vascular causes 4824 see also prerenal failure clinical approach 4807, 4810 clinical features 4814 biochemical changes 4815 complications 4815 hyperkalaemia 4815, 4816t pulmonary oedema 4816 definition 4808 diagnosis 4810, 4813 accuracy 4813 CT 4814 fluid input/output 4810 inflammatory cause 4814f, 4814 physical signs 4810 serum creatinine 4810 ultrasound 4814f, 4815 urinary obstruction 4813 weight measurement 4810 epidemiology 4808 immunoglobulin A nephropathy 4912 malarial renal disease 5053 management 4807, 4818 critical care in pregnancy 2702 drugs 4819 fluid replacement 4817 haemorrhage management 4819b, 4819 immunoglobulin A nephropathy and 4915 nutrition 4818 peritoneal dialysis 4875 potassium requirements 4817 renal biopsy 4818 renal replacement therapy 4817 sepsis 4819 sodium requirements 4817 pregnancy in 2589 aetiology 2589, 2590t, 2591 clinical approach 2589, 2591t diagnosis 2589 epidemiology 2589 presentation 6613 prevention 4811f, 4811 care bundles 4811, 4812t, 4813f glycaemic control 4811 risk factors 4811, 4812t snake bites 1799 stages of 4808t systemic cancer effects 5042f tropical renal disease 5051f, 5051 urinary tract obstruction 4769 urine biomarkers 4787 volume depletion 4817 acute leg ischaemia see leg ischaemia acute leukaemias oral manifestations 2824f, 2824 primary myelofibrosis 5252 renal disease in 5025 acute liver failure (ALF) 3090t, 3094 classification 3094 clinical features 3094 cognitive changes 6369-70 neurological disease 6369 definition 3089-90 hepatic encephalopathy management see hepatic encephalopathy type A liver transplantation indications 3101 pathophysiology 3094b, 3095 drug-induced 3094 prognosis 3095f, 3095 acute lower gastrointestinal bleeding 2778, 6609 aetiology 2778, 2778t angiodysplasia 2778, 2779f benign anorectal disease 2778 colonic tumours 2778 diverticular disease 2778 iatrogenic haemorrhage 2779 inflammatory bowel disease 2778 clinical features 2779 history 2779 epidemiology 2778 examination 2779 management 2779, 2780f bleeding localization 2779 capsule endoscopy 2781 obscure bleeding 2781 resuscitation 2779 surgery 2781 acute lymphatic filariasis see lymphatic filariasis acute lymphoblastic leukaemia (ALL) 5269 clinical features 5272b, 5272 clinical investigations 5272, 5273b, 5274f complications/long-term follow-up 5279 long-term toxic effects 5279 short-term toxic effects 5279b, 5279 current multidrug chemotherapy 5273 consolidation phase 5273 induction phase 5273 intensification phase 5273 differential diagnosis 5272 epidemiology 443, 5270 future developments 5279 genetics 5270, 5271t chromosomal abnormalities 5272f immunophenotyping 5271t management 5269-70, 5273 allogeneic haematopoietic stem cell transplantation 5275 BCR-ABL-like ALL 5275 BCR-ABL-positive ALL 5275 chimeric antigen receptor T cells 478 CNS-directed prophylaxis 5275 elderly people 5275 initial management 5273 relapsed/refractory ALL 5275 pathogenesis 5270 prognosis 5271t, 5272f, 5276f, 5276, 5277f, 5278f children 5278f, 5279 relapses 5271-72 remissions 5271-72 acute mesenteric ischaemia 2999 blood tests 3000 gangrene 3000-01, 3001f intestinal tissue damage 3000 investigations 3000f, 3000 leucocytosis 3000 acute myeloid leukaemia (AML) 5205 causation 5205 diagnosis 5206 epidemiology 443, 5205, 5206f future

developments 5205 incidence 413 management 5206 bone marrow transplantation 5209  
chemotherapeutic regimens 5207 chemotherapy consolidation 5208 DNA methylation 5209  
general considerations 5206, 5207f maintenance chemotherapy 5209 older patients 5208  
outcomes 5208 relapsed disease 5208 remission definition 5207 targeted management 5209  
prognostic factors 5206b, 5206f, 5206 supportive care 5210 blood product support 5210 during  
chemotherapy 5210 hyperleucocytosis 5210 infections 5211 management initiation 5210  
metabolic complications 5210 prior to cytotoxic management 5210 tumour lysis syndrome 5210  
acute myocardial infarction (AMI) 3307 atrial infarction 3307 cardiogenic shock 3887 coronary  
artery spasm 3308 C-reactive protein 2203 definition 3629b, 3629 mitral regurgitation 3442 PCI  
outcomes 3662 posterior infarction 3308 right ventricular infarction 3307f, 3307 septal ischaemia  
3308 acute necrotizing myelitis (Foix-Alajouanine syndrome) 6039, 6133, 6134 acute-on-chronic  
liver failure (ACLF) 3090f,  
3090, 3090t definition 3089–90 diagnosis 3090, 3091f, 3091t pathophysiology 3092 inflammatory  
response 3092 organ dysfunction 3093 precipitating factors 3092, 3092t predisposing factors 3092  
prognosis 3091 acute-on-chronic respiratory failure 6605 acute pancreatitis 3209 aetiology 3211b,  
3211, 3212 alcohol 3211 autoimmune pancreatitis 3212 benign pancreatic duct stricture 3212  
drugs 3211 gallstones 3211 genetics 3212 hyperlipidaemia 3212 hyperparathyroidism 3212  
hypothermia 3212 iatrogenic stories 3212 parasitic infections 3213 periampullary/obstructive  
pancreatic tumours 3212 sphincter of Oddi dyskinesia 3213 trauma 3212 viral infections 3211  
clinical features 3210 complications 3218 acute pancreatic pseudocyst 3218 haemorrhage 3217f,  
3218 pancreatic ascites 3218 portal vein thrombosis 3217f, 3218 splenic vein thrombosis 3217f,  
3218 visceral fistulation 3217f, 3218 C-reactive protein 2203 diagnosis 3210b, 3210f, 3210  
biochemical abnormalities 3210 differential diagnosis 3210b, 3210 epidemiology 3209  
hypertriglyceridaemia 2096 laboratory data sets 3833t management 3213 antibiotics 3214 ERCP  
3214 nutrition support 3214 postacute pancreatic fluid/ necrotic collection see postacute  
pancreatic fluid/ necrotic collection surgery 2769t pathology 3210 severity grading 3210, 3213,  
3213t, 3214t

Index 5 VOLUME 1 pp. 1–1634 VOLUME 2 pp. 1635–3238 VOLUME 3 pp. 3239–5166 VOLUME 4 pp.  
5167–6654 acute phase response 2199 C-reactive protein 2200 familial Mediterranean fever 2212  
rheumatological diseases 4401f, 4401 see also C-reactive protein (CRP) acute physiological  
conservative therapy (APCM) 6139, 6140 outcome/prognosis 6140, 6141t acute porphyrias 6620  
acute abdomen 2770 acute intermittent porphyria 2042f, 2042 5-aminolevulinic acid dehydrogenase  
deficiency (Doss' porphyria) 2043 attack management 2050 carbohydrate loading 2051 haem  
management 2051 immediate 2050 attack prevention 2052 gene management 2052 hormonal  
interventions 2052 liver transplantation 2052 clinical features 2039, 2040b complications 2041  
acute encephalopathy 2041 CKD 2041 hepatic carcinoma 2042 neurological complications 2041  
complications management 2051 hypertension 2051 hyponatraemic seizures 2051 definition 2035  
diagnosis 2041 epidemiology 2035 genetic variants 2044 coproporphyrinogen oxidase 2044  
ferrochelatase 2044 porphobilinogen deaminase (hydroxymethylbilane synthase) 2044  
protoporphyrinogen oxidase 2044 hereditary coproporphyrinuria 2043 pathogenesis 2038, 2039b,  
2040b alcohol tolerance 2039 smoking 2039 prognosis 2041 variegate porphyria 2043 acute  
presentation of diseases 6591 endocrine disease 6614 gallstones 3199 gastrointestinal disease  
6608 heart and circulation 6591 infectious diseases 6629 liver disease 6608 metabolic disease  
6614 neurological disease 6621 psychiatric disease 6637 renal disease 6613 respiratory system  
6605 acute promyelocytic leukaemia (APL) 5211 management 5211 arsenic trioxide 112

complications 5212 residual disease measurement 5212 supportive care 5212 acute pulmonary embolism 3716, 6601 clinical features 3717 accuracy 3719, 3719t signs 3718, 3719t symptoms 3717 diagnosis 3719t, 3724 differential diagnosis 3719 incidence 3716 investigations 3720 arterial blood gases 3724 biomarkers 3724 blood tests 3724 chest radiography 3723, 3724t contrast-enhanced spiral CT 3721, 3722f, 3723t D-dimer 3720, 3725 echocardiography 3724 electrocardiography 3723, 3723t MRI 3722 pulmonary angiography 3721, 3722f serial noninvasive leg tests 3726 SPECT ventilation-perfusion lung scan imaging 3721 thrombus detection 3720 ventilation-perfusion lung scans 3715t, 3720f, 3720 management 3717t, 3726 anticoagulants 3726f, 3726 antithrombotic management 3723t, 3726 catheter intervention 3728 inferior vena cava filters 3717t, 3727 pulmonary embolectomy 3728 resuscitation 3726 thrombolytic management 3726 predisposing factors 3716, 3718t recommendations 3725 elderly 3725 impaired renal function 3725 iodinated contrast material allergies 3725 male reproduction 3725 patients in extremis 3726 pregnancy 3725 women of reproductive age 3725 acute respiratory distress syndrome (ARDS) 3873 aetiology 3874f, 3874 clinical features 3875 clinical investigations 3875f, 3875 definition 3873, 3874b, 3874f differential diagnosis 3875, 3875t epidemiology 3874 general supportive measures 3879 pathogenesis 3875 pathology 3875 pharmacotherapy 3878 prognosis/outcome 3879 ventilatory management 3875 indications/ contraindications 3878b acute respiratory failure (ARF) 3868 clinical approach 3869 examination 3869, 3869t history 3869 clinical investigations 3869 arterial gas analysis 3869b, 3869, 3870t chest radiographs 3870 computed tomography 3870 echocardiography 3870 electrocardiography 3870 fiberoptic bronchoscopy 3870 infection screening 3870 ultrasound 3870 definition 3868 epidemiology 3868, 3868t management 3871 airway management 3871 mechanical ventilation 3872, 3872t oxygen management 3871, 3871t pregnancy 2617 respiratory monitoring 3870 arterial oxygen saturation 3870 capnography 3871 indwelling arterial catheter 3870 lung function estimation 3870 pulse oximetry 3870 acute rheumatic fever 3509 associated poststreptococcal syndromes 3514 clinical features 3512, 3512t arthritis 3512 carditis 3512 elevated acute-phase reactants 3514 erythema marginatum 3513 fever 3513 subcutaneous nodules 3513 Sydenham's chorea 3512 diagnosis 3514, 3515t differential diagnosis 3515t epidemiology 3510 follow-up 3517 recurrence 3517 management 3516 bed rest 3516 cardiac failure management 3516 chorea management 3517 corticosteroids 3516 penicillin 3516 salicylates 3516 pathogenesis 3510, 3511f host factors 3510 immune response 3511 infection site 3511 infective organism 3510 prevention 3517 primary prevention 3517 secondary prevention 3517 prognosis 3517 acute sarcoid arthritis (Löfgren's syndrome) 4600f, 4600 acute schistosomiasis (Katayama fever) 1544, 1545f acute toxic injury to respiratory tract 4267, 4268t assessment and management 4269 supportive care 4269 clinical features 4268 acute airway effects 4268 acute pneumonitis/pulmonary oedema 4268f, 4268 asphyxiants 4269 burns 4268 fume events 4269 nonpulmonary effects 4269 soluble irritant gases 4268 sulphur mustard 4268 acute unilateral vestibulopathy (vestibular neuritis) 5930b acute upper gastrointestinal bleeding 2771 aetiology/pathogenesis 2771, 2771t erosive disease 2772 Mallory-Weiss tears 2772 peptic ulcer disease 2771 varices 2771 causative lesion management 2777 nonvariceal upper gastrointestinal bleeding 2777 variceal upper gastrointestinal bleeding 2777f, 2777 clinical features 2772 examination 2772 history 2772b, 2772 diagnosis and haemostasis 2775 drug management 2776 endoscopy 2774b, 2775f, 2775 radiological studies 2775 surgery 2776 differential diagnosis 2772 epidemiology 2772 investigations 2772 coagulopathy 2772 endoscopy 2772 full blood count 2772 management 2772b, 2773f, 2773 monitoring 2774 resuscitation 2773b, 2773 risk assessment 2773, 2774t, 2775t prevention 2772 prognosis 2774t, 2775t, 2778 recurrence prevention 2778 acylcarnitine 1946 acyl-coenzyme A (CoA) oxidase deficiency 2158 AD

see Alzheimer's disease (AD) ADAGIO study 5953 adalimumab 101t drug-induced lupus 4609-10 psoriasis management 5627 rheumatoid arthritis management 4437t rheumatoid arthritis management in pregnancy 2662 sarcoidosis management 4216t ulcerative colitis management 2945 ADAM33 4061 ADAMTS13 deficiency 5541 adapalene 5767 adaptive immunity 325, 472 antigen specificity 326 Behçet's syndrome 4580 dendritic cells 472 diagnosis in 334f, 335 diversity generation 329 downregulation of 334 failure of 335 pathogen response 335 drug-induced liver injury 3158, 3159f

6 Index VOLUME 1 pp. 1-1634 VOLUME 2 pp. 1635-3238 VOLUME 3 pp. 3239-5166 VOLUME 4 pp. 5167-6654 future developments 336f, 336 gastrointestinal tract immune system 2785 innate immune system vs. 326 management in 336 memory 330 generation 333 maintenance of 333 naive state 330, 331f priming of 331 prophylaxis in 335 psoriasis 5624 rheumatoid arthritis 4424 T cells 473 transplantation see transplantation immunology Addenbrooke's Cognitive Assessment III (ACE-III) 6455 Addenbrooke's Cognitive Examination (ACE-R) 5920-21 Addison's disease 2347 aetiology 2347t dementia 5857 myopathies 6340 onset of 2158 pernicious anaemia see acquired pernicious anaemia pregnancy 2640 prevalence 2347 Addisonian crisis acute abdomen 2770 acute presentation 6618 secondary hypoadrenalism (ACTH deficiency) 2350  $\alpha$ -adducin 3743 adefovir 3116t adenine phosphoribosyltransferase deficiency 2027 adeno-associated viral vectors inborn errors of metabolism management 1937 lysosomal disease gene management 2138 adenocarcinoma associated disseminated intravascular coagulation 5559f, 5559 lung cancer 4340-41 management 4352 nasal cancer 430 oesophageal neoplasms see oesophageal cancer renal cancer 439 small-bowel imaging 2753f, 2753 stomach cancer 2984 adenosine antiarrhythmia management 3365t stress MPS 3328 tachycardia management 3364 adenosine deaminase (ADA) deficiency 2028 severe combined immunodeficiency 352 erythrocyte enzymopathies 5470 fructose phosphatase deficiency 2001 pleural effusions 4310, 4311 adenosquamous carcinoma, pancreatic tumours 3234 S-adenosylhomocysteine hydrolase 1949t, 1983 adenovirus infection 725t, 728 aetiology 725t bronchiectasis 4145 clinical features 728 epidemiology 728 gastrointestinal system 3010t, 3011 management and prevention 729 meningitis 6083 pneumonia 4010t subacute (Quervain's) thyroiditis 2300-1 transmission 3014t virus-positive myocarditis management 3464-65 adenylate cyclase deficiency 5469 adenylosuccinase deficiency 2027 adhesins 5077-78 adhesive capsulitis 4412t Adie's tonic pupil 6122 adipose tissue energy transport from 1845 hormone synthesis 2245 see also obesity adjustment disorders 6506 aetiology 6506 assessment 6507 clinical features 6507 differential diagnosis 6507 low mood 6463 epidemiology 6506 outcome 6508 Adjuvant on Line 506 ADLs see activities of daily living (ADLs) adolescents cystic fibrosis 4164 growth 2419 idiopathic scoliosis 4329 self-harm 6459 adrenal gland(s) 2246 autopsy methods 6559 corticosteroid synthesis 2332f, 2332 function monitoring, neuropsychiatric adult peroxisomal disorders 2163 adrenal gland disorders 2331 acute failure 4085, 4086 atrophy, ACTH deficiency 2272 cardiac disease 3497 congenital hyperplasia see congenital adrenal hyperplasia (CAH) cortex disorders 2331, 2333f adrenal incidentalomas see adrenal gland incidentalomas adrenocortical carcinoma 2359 Cushing's syndrome see Cushing's syndrome drug-induced secretion 2550 glucocorticoid deficiency 2347 glucocorticoid excess see Cushing's syndrome mineralocorticoid excess see mineralocorticoid excess Cushing's syndrome see Cushing's syndrome lesion biopsies, adrenal incidentalomas 2359 multiple endocrine neoplasia type 1 2459 necrosis, Addison's disease 2348 neurological disorders 6370 pregnancy 2640 adrenal gland incidentalomas 2358 imaging 2358 CT 2344f, 2358 FDG-PET/CT 2359 MRI 2358f, 2358 investigations 2358 adrenal lesion biopsy 2359

endocrinological tests 2358 adrenal gland insufficiency acute distributive shock 3888 secondary hypoadrenalism management 2351 acute-on-chronic liver failure 3094 cancer 492 drug-induced 2550 iatrogenic Cushing's syndrome and 2334 malabsorption 2876t mineralocorticoid deficiency 2357 neurological disorders 6371 adrenal gland tumours adenomas Cushing's syndrome 2335, 2343 management 2343 carcinomas androgen-secreting, hirsutism in women 2385 Cushing's syndrome 2335 pregnancy 2640 prognosis 2343 see also adrenal gland incidentalomas lung cancer metastases 4346, 4347f adrenal hormones biosynthesis pathways 2362f diseases of 2333t measurement, drug-induced changes 2550 replacement management in chronic acute insufficiency 2352 adrenaline (epinephrine) acute upper gastrointestinal bleeding management 2775 anaphylaxis management 3855 asthma management 4086 autoinjection, anaphylaxis 3857 circulatory support 3889 gastrointestinal bleeding 2743 hypoglycaemia 2510 macronutrient metabolism 1851t normal blood values 6583t pheochromocytomas 3792  $\alpha$ -adrenergic blocking drugs falls in elderly 583t hypertension management 3768 malignant hypertension management 3806t pheochromocytoma management 3794 renal disease, effects of 5155 urinary incontinence 594 adrenergic receptors 3889  $\beta$ 2-adrenoceptor agonists 4128 adrenocortical carcinoma 2359, 2538 Cushing's syndrome 2339 management, metyrapone 2345–46 adrenocorticotrophic hormone (ACTH) 2271 basal pituitary function tests 2262 circadian rhythms 86 critical care response 3909, 3911 deficiency, hyperkalaemic, hyperchloraemic alkalosis 2191 excess, myopathies 6339 glucagon stimulation test 2263 membranous nephropathy management 4932 normal blood values 6583t opsoclonus-myoclonus 6388–89 pancreatic neuroendocrine tumours 2455 placental production 2566 secondary hypoadrenalism 2342f, 2343f, 2350 secretion disorders 2271 Cushing's disease 2272 deficiency 2271 Nelson's syndrome 2272 short Synacthen test 2263 structure 2271 tuberous sclerosis complex management 6204 adrenoleucodystrophy 6040, 6210 aetiology 2157–58 diagnosis 6133 heterozygotes 2158 historical perspective 2157 adrenomyeloneuropathy (AMN) 6210, 6211 juvenile form 2158 adult basic life support algorithm 6591f adult-onset hereditary dystonia see hereditary dystonia adult-onset Still's disease (AOST) 4598 diagnosis 4598, 4599f, 4599t differential diagnosis 4598 laboratory tests 4598 management 4599 prevalence 4598 Adult Psychiatric Morbidity Survey (APMS) 6487 adult T-cell leukaemia/lymphoma (ATL) 443, 5301 cutaneous lymphoma 5740 HTLV-1 infection 942 advance care plans 627 advance decisions to refuse therapy (ADRT) 618 advanced glycation end products (AGE) 2514 advance directives end-of-life care 618 incompetent patients 23 advanced life support (ALS) 3840 algorithm 6592f cardiac arrest 3840 nonshockable rhythms 3839, 3841, 3842, 3844b

Index 7 VOLUME 1 pp. 1–1634 VOLUME 2 pp. 1635–3238 VOLUME 3 pp. 3239–5166 VOLUME 4 pp. 5167–6654 airway and ventilation 3842 percutaneous coronary intervention 3842 reversible causes 3843 shockable rhythm management 3839, 3841, 3844b defibrillation 3841, 3844b advanced sleep phase syndrome 5894 Advanced Trauma Life Support (ATLS) 543 traumatic brain injury 6044 ADVANCE study 4981 adventitia 3242, 3252, 5494 adverse drug reactions 71, 87 classification 88 delayed effects 90 dose-related 88 long-term effects 90 non-dose-related 88 detection 92 incidence 88 older patient 574, 574t, 575 pharmacodynamics 88 pharmacokinetics 88 pharmacology in older people 574t prevention 93 skin 5593 therapeutic benefits vs. 72 type A (predicted) 72 type B 72 advocacy groups 17 adynamic bone 4847 AECOPD see chronic obstructive pulmonary disorder (COPD) AEIOU TIPS 3834b *Aeromonas hydrophila* infection 1040 afamelanotide 2050 afatinib 4355 AFFIRM trial 3369–70 affluent society disease 1891, 1892t afibrinogenaemia 5542–43 aflatoxin 423 Africa breast cancer epidemiology 435–36 Central Africa, drug falsification 125 cervical cancer epidemiology 436 colonic diverticular disease

2960 disease incidence/prevalence 169 drug quality 125 fibre and cancer aetiology 423 histoplasmosis 1351f, 1351 iodine deficiency disorders 1874 large bowel cancer 429 liver cancer epidemiology 429 lyssaviruses 818 oesophageal cancer 427 rhabdovirus reservoir species 808 smoking 4339–40 stomach cancer 428 testicular cancer epidemiology 438–39 tick bite fever 1238 see also North Africa; sub-Saharan Africa African-Caribbean people hypertrophic cardiomyopathy 3471 malignant hypertension 3803 African trypanosomiasis 1451 aetiology 1452 antigenic variation 1454 clinical features 1452t, 1453f, 1454f, 1454 travellers 1455f, 1455 Trypanosoma brucei gambiense 1454f, 1454 Trypanosoma brucei rhodensiae 1455 clinical investigations 1455 laboratory findings 1456 MRI 1456 control 1453b diagnosis 1455 differential diagnosis 1455 elimination efforts 1459 epidemiology 1452f eye diseases/disorders 6433 historical perspective 1452 individual protection 1459 management 1456 new drug candidates 1459 stage I drugs 1456, 1456t, 1457t stage II drugs 1457t, 1458 prevention 1459 transmission 1453f, 1453 afterload mitral regurgitation 3443 outflow resistance, nitric oxide 3270 agalsidase alfa (Replagal) 2139, 2146 agalsidase beta (Fabrazyme) 2139, 2146 age acute lymphoblastic leukaemia prognosis 5276 cancer aetiology 415 chronic heart failure 3409 coronary heart disease adjusted risk 1894t cryptosporidiosis 1427 drug metabolism 80–81 fascioscapulohumeral muscular dystrophy 6319 hypertension epidemiology 3738–39 limb-girdle muscular dystrophies 6325f, 6325 lung transplantation donors 4295 myocarditis 3459–60 Neisseria meningitidis infection 1013 obstructive sleep apnoea 4052 pneumonia 4013 pregnancy outcome 2576 small intestine bacterial overgrowth 2881 travel and expedition medicine 719 tuberculosis 1129 venous thromboembolism in pregnancy 2612 ageing acute abdomen 2769 acute pulmonary embolism 3725 anaemia of inflammation 5407 ANCA-associated vasculitis 4559 aortic stiffening 3746, 3749 assessment 564 cognitive impairment 564 exercise ECG testing 3313 functional status 565 geriatric syndromes 564 multimorbidities 564 bladder and bowels 589 see also urinary incontinence (UI) cancer 492 acute lymphoblastic leukaemia management 5275 acute myeloid leukaemia management 5208 Hodgkin's lymphoma management 5286 cognitive disorder management 568 communications/shared decision-making 567 comorbidities 513f constipation see constipation/ faecal incontinence deconditioning 560 delirium see delirium dementia see dementia dignity 612 acute hospital care 614b, 614 autonomy 612 doctor conduct 613b, 613f, 613 end-of-life care 616 see also end-of-life care philosophy 612b, 612 role 612 transgressions 613b views about 613b, 613 disasters 192 disease complications 549 elder abuse 614 clinical assessment 615b, 615, 616b cultural differences 615 identification of 615 outcome 616 prevalence 614–15, 615t prevention 616 responses to 616b, 616 risk factors 615b evolutionary implications 40 faecal incontinence see constipation/faecal incontinence fragility fractures 586 hip fractures 587 models of care 586 vitamin D 583, 587 see also falls, ageing healthcare models 552b hierarchical model 513f HIV/AIDS and 927 hospitalization 548 acute determination 557 discrete wards 553, 554f initial assessment 550 multidisciplinary teams 554 non-addressed needs 550 physical deconditioning 560, 561f specialist vs. generalist care 553, 554f standardized valid assessment and 553, 555f see also acute hospitals hypertension management 3776 immobility 560 impaired functional recovery 568 intercellular communication 516 circadian rhythms 518f, 518 hypothalamic–pituitary–adrenal axis 518 immunosenescence 516 inflammation 516, 517f microbiome 517 macromolecular changes 511 epigenetics 513 genomic instability 513 protein structure modification 514f, 514 macular degeneration 6406f, 6407, 6408t, 6412f malignant hypertension 3803 management plans 549 medical certificate of death 6543 metabolism 515 futile cycles 515 models 519 neurodegenerative disorders 601, 601f cell death 601 disease model 602f pathology 601 see also Parkinson's disease (PD) nonpharmacological managements 575 nutrition 515, 560 caloric restriction 515f, 515, 516f

well-being optimization 534 oncology services 563, 564 optimal management 567 orthogeriatrics 568 osteoarthritis 4473, 4474f palliative care 555 Parkinson's disease vs. 603, 610t population figures 512f protein intake importance 1900 rheumatoid arthritis 4419, 4420t, 4421f, 4427t rich country healthcare economics 161–62 risk prediction tools 565 risk profile modification 566 cognitive function 567 functional status 567 geriatric syndrome 566 hospital-acquired deconditioning 567 organ-specific pathology 566 physiological reserve 566 self-harm 6459 skin 5594 stem cell senescence 516f, 516 parabiosis 516 stress 519 surgery 563, 564 emergency surgery 568 novel approaches 569 optimal management 567 postoperative complications 563–64, 568 timing effects 569 urgent/critical care 539 epidemiology 539 well-being optimization 532

8 Index VOLUME 1 pp. 1–1634 VOLUME 2 pp. 1635–3238 VOLUME 3 pp. 3239–5166 VOLUME 4 pp. 5167–6654 chronic disease management 536 complex multicomponent interventions 535b, 535 focused interventions 535 mental health 534 nutrition 534 physical activity 533, 534b preventative care 536 primary promotion 533 secondary promotion 535 young people vs. 549, 550f AGEP see acute generalized exanthematous pustulosis (AGEP) aggrecan 4377 *Aggregatibacter actinomycetemcomitans* 2801 agraphia 5826 Aicardi–Goutières syndrome 221t, 6246–47, 6363 AIDA trials 3659 AIDS see HIV/AIDS AIM-HIGH study 60, 2093–94 AIN see acute interstitial nephritis (AIN) air embolism 4872 airflow dynamic tests 3943 limitation, asthma diagnosis 4076 limitation in chronic respiratory failure 4285, 4286f obstruction, COPD 4110, 4111f air (atmospheric) pollution 1677 air quality guidelines and standards 1684, 1685t air quality index 1686t, 1687 ambient (outdoor) air pollution 1679 carbon monoxide (CO) 1681 nitrogen oxides 1680 ozone 1681 particulate matter 1680 polycyclic aromatic hydrocarbons (PAHs) 1681 sulphur dioxide (SO<sub>2</sub>) 1680 cancer aetiology 421 coronary heart disease risk factors 3612 health effect measurement 1679 indoor air pollution 1681, 1682 biological pollutants 1683 cooking emissions 1682 low- and middle-income countries 1683 radon 1683 sick building syndrome 1683 tobacco smoke 1682 lung cancer 432, 4340 sources and types 1678, 1678t air quality index 1686t, 1687 air travel see aviation medicine airways anatomy 3938f, 3938 alveoli 3937 clearance, cystic fibrosis 4159 clinical significance 3944 collapse, emphysema 4000 dead space 3941 disease, breathlessness (dyspnoea) 3281, 3283 dynamic airway compression 3942 gas transport 3944 hyperreactivity measures, asthma diagnosis 4077 hyperresponsiveness, COPD 4102 inflammation acute exacerbations of COPD 4138 asthma diagnosis 4077 malignancy, upper airway obstruction 4042 management ABCDE approach 3845 acute respiratory failure management 3871 advanced life support 3842 hepatic encephalopathy type A management 3086 practical procedures 6650 mucociliary function 3942 obstruction, lung cancer management 4356 particle deposition 3941 patency, anaphylaxis management 3856 practical procedures see practical procedures protection larynx 3935 variceal bleeding 3072 resistance lung volume vs. 3958 respiratory function 3957 responsiveness, asthma 4070–71 smooth muscle 3943 sport and exercise medicine 6568 surface tension 3944 surfactant 3945 akathisia 6515 AKI see acute kidney injury (AKI) akinetopsia 5920 Alagille's syndrome neonatal cholestasis 3192, 3192t Notch mutations 264 AL amyloidosis 2221, 3495, 6161 associated conditions 2221 clinical features 2221 definition 5017 diagnosis 5017, 5018f, 5018t management 2232, 5018 renal disease in 5017 clinical presentation 5017 alanine aminotransferase (ALT) acute hepatitis 3111 alcohol abuse 6526 alcoholic liver disease 3144–45 autoimmune hepatitis 3122 drug-induced liver disease 3155, 3161 inflammatory myopathies 4542 jaundice 3054 liver disease in pregnancy 2620 metabolism of 1850 nitrogen disposal 1848 prehepatic jaundice 3051 alanine-glyoxylate aminotransferase (AGT) primary hyperoxaluria 2175 structure 2176–77, 2177f alanine

transaminase 2566t albendazole ascariasis management 1509 lymphatic filariasis management 1493 Strongyloides stercoralis infection management 1502 albinism 6437 Albright's hereditary osteodystrophy 1910t G-protein coupled receptors 258-59 albumin adult values 6581t CSF 5783-84 drug binding 79 drug-induced liver disease 3155 normal blood values 6586t transfusions 5566 urinary concentration 4785 urinary/faecal reference intervals 6587t albumin:creatinine ratio (ACR) diabetic nephropathy diagnosis 4980t, 4984 hypertension diagnosis 3760 proteinuria 4766 urine 4785 albuminuria 5034 Alcaligenes infection 4157 AL cardiac amyloidosis 3495 alcohol/alcohol abuse 6486, 6524 abstinence chronic pancreatitis management 3223 liver disease management 3145 acute pancreatitis 3211 acute porphyrias 2039 aetiology 6486 genetic factors 6486 psychological factors 6487 social factors 6487 assessment 6487b autonomic nervous system disorders 6161 binge drinking 2195, 6525 cancer aetiology 418, 1896, 6488 hepatocellular carcinoma 3180 liver cancer 429 mortality 425t cerebellar degeneration 6374 chronic alcoholism ataxia 5981 small intestine bacterial overgrowth 2882 chronic heart failure management 3412 clinical abuse 6489 CNS developmental abnormalities 6363 coronary heart disease risk factors 3612 defective peripheral lipolysis 2077 defective red cell maturation 5455 definition 6524 dementia 6374, 6488 diabetes management 2489 differential diagnosis bipolar disorder 6499 low mood 6463 schizophrenia 6515 drowning 1692 drug-induced Cushing's syndrome 2550 epidemiology 6487 epilepsy 5866 erectile dysfunction 2409t essential hypertension pathogenesis 3744 falls in elderly 582 folate deficiency 5419 harmful drinking 6487, 6525 identification 6526 hazardous drinking 6525 identification 6526 hereditary haemochromatosis 2109 hypertension 1895, 3763t, 3764 hypoglycaemia 2536 diabetes mellitus 2533 hypogonadism/infertility 2550-51 interventions 6526 dependence 6528 extended brief interventions 6528 simple brief advice 6526 jaundice 3053 ketoacidosis 2195 laryngeal cancer epidemiology 430-31 legal limit 6581t male reproductive disorders 2393t management 6489 critical care 3904 hospital admission 6525 opportunities for 6525f, 6525 pharmacological management 6489 psychological management 6489, 6489t medical consequences 6487 cardiovascular system 6487 endocrinology 6488 gastrointestinal system 6487 injuries 6488 musculoskeletal system 6487 neurological system 6488 see also neurological disorders pregnancy 6488 pulmonary system 6488 metabolism of 3143, 3144f myopathies 6340, 6375 neuropathy 6189 occasional heavy (binge) drinking 6525 oesophageal disease 2841t Parkinson's disease 603 peptic ulcer disease 2851 peripheral neuropathy 6374 porphyria cutanea tarda 2047 pregnancy 2580 preventative medicine 133t pregnancy 134t prognosis 6528 pseudo-Cushing's syndrome 2336 public health risk 6524 saturnine gout 2021 self-harm 6459 steatohepatitis 3043, 3044f, 3044, 3045f tobacco and 428 violent trauma assessment 6546

Index 9 VOLUME 1 pp. 1-1634 VOLUME 2 pp. 1635-3238 VOLUME 3 pp. 3239-5166 VOLUME 4 pp. 5167-6654 withdrawal 3145, 6489b, 6489, 6489t acute presentation 6637 delirium tremens 87 management 6489b, 6489, 6489t see also delirium tremens; Wernicke's encephalopathy alcoholic liver disease (ALD) 3142, 6487 acute-on-chronic liver failure prognosis 3092 clinical features 3144 alcoholic hepatitis 3145 cirrhosis 3145 diagnosis 3144 differential diagnosis hepatic encephalopathy 3084 hepatitis 3112 disease recurrence post-liver transplantation 3106, 3106t epidemiology 3142 risk factors 3143b, 3143 hepatitis 3145 investigations 3144 jaundice 3054 management 3145 abstinence 3145 acute disease 3145 cirrhosis 3146 liver transplantation 3146 nutrition 3145 steroids 3145 pathology/pathophysiology 3143f, 3143 alcohol metabolism 3143 patient selection in liver transplantation 3102b, 3102 prognostic scores 3146t variceal upper gastrointestinal bleeding 2777 VLDL overproduction in liver 2074 Alcoholics Anonymous (AA) 6489

alcohol use disorders identification test (AUDIT) 6526, 6527f aldolase 1996, 4542 deficiency 5469  
see also hereditary fructose intolerance  
(fructosaemia) aldosterone actions 2332 antagonists 5154 ascites pathogenesis 3059-60  
biosynthesis defects, mineralocorticoid deficiency 2357 distal convoluted tubule 4727f, 4727  
ectopic secretion 2547 hypertension 3745 normal blood values 6583t primary aldosteronism 3783  
producing adenomas (APA) (Conn's adenomas) 2353 production 2352 renin ratio 3783  
aldosteronism, primary see primary aldosteronism alemtuzumab (CAMPATH-1) 101t, 105, 297  
adverse reactions 404t, 4891 multiple sclerosis management 6037 renal transplant  
immunosuppression 4888 transplantation 406 transplant immunosuppression 404 alert bracelets  
anaphylaxis prevention 3857 chronic acute insufficiency management 2352 Alexander's disease  
6214, 6215f juvenile-onset 6214 alexia 5921 without agraphia 5826 ALFSG (US Acute Liver Failure  
Study Group) 3100 alglucerase (Ceredase) 2136 Gaucher's disease type 1 management 2143  
Algrove's syndrome 2349 alkaline phosphatase (ALP) adult values 6582t autoimmune hepatitis  
3122 bone mineralization 4624 drug-induced liver disease 3155 malabsorption 2877 plasma bone  
turnover measure 4626 skeletal disorders 4628 prehepatic jaundice 3051 primary biliary  
cholangitis 3128 PSC 3138 secondary liver tumours 3190 alkaptonuria 1975, 4608, 4616, 4652f,  
4652 biochemical investigations 4629t management 1936 signs and symptoms 4629t Alkhurma  
virus infection 844, 954 alkylating agents cancer chemotherapy 500f, 500 essential  
thrombocythaemia management 5245 ALL see acute lymphoblastic leukaemia (ALL) allergens  
avoidance allergic rhinitis management 4064 allergy management 371, 376 anaphylaxis  
prevention 3858 asthma management 4082 atopic dermatitis/eczema 5635 drug allergies 377  
latex allergy 376 inhalation tests in asthma 4071 severe/difficult-to-treat asthma 4092 specific IgE  
detection 4063 allergic (IgE-mediated) angio-oedema 372 allergic bronchopulmonary aspergillosis  
(ABPA) asthma 4078 bronchiectasis 4143 cryptogenic organizing pneumonia vs. 4189 cystic  
fibrosis 4159 allergic bronchopulmonary mycosis 4240f, 4240 allergic contact dermatitis 5631  
causality confirmation 5633 chemical sensitization power 5632 clinical features 5632f, 5632  
experimental evidence 5632 individual sensitivity 5632 management 5633 prevalence 5632 scalp  
5728 allergic rhinitis 4059 aetiology 4060 environmental allergies 4060 genetic influences 4060  
clinical diagnosis 4062f, 4062 examination 4063 history 4062b, 4062 clinical features 371  
epidemiology 4061 history 4059 investigations 4063 allergen-specific IgE detection 4063 skin prick  
tests 4063, 4064b management 4064b, 4064f, 4064 allergen avoidance 4064 immunotherapy  
4062f, 4065 pharmacotherapy 4065 saline irrigation 4064 surgery 4066 occupational rhinitis 4060  
pathogenesis 4061 animal models 4061, 4062f perennial allergic rhinitis 4060 seasonal allergic  
rhinitis 4060f, 4060 Allergic Rhinitis and its Impact on Asthma (ARIA) 4059 allergies 368 aetiology  
369, 370 allergic bronchopulmonary aspergillosis (ABPA) see allergic bronchopulmonary  
aspergillosis (ABPA) anaphylaxis 373 blood transfusion complications 5572 clinical allergy 370f,  
370 clinical features 371 angio-oedema 372 asthma 371, 4071 atopy 369 conjunctivitis 371, 6408t  
eczema 372 eosinophilia 5254, 5255, 5256t hypersensitivity type I 369f, 369 non-IgE-mediated  
reactions 369 oedema 4045 urticaria 372 clinical investigations 376 challenge tests 376  
intradermal tests 376 serum-specific IgE assays 376 skin-prick tests 376 tryptase 376 contact  
dermatitis see allergic contact dermatitis diagnostic criteria 376 differential diagnosis 376 drug  
reactions 88 anaphylactoid reactions 89 insulin 2492 oral hypoglycaemic agents 2495  
pseudoallergic reactions 89 type I 89 type II 89 type III 89 type IV 89 evolutionary aetiology 40-41  
future work 378 historical perspective 369 hymenoptera venom allergy 374 management 376  
allergen avoidance 371, 376 anti-IgE 377 health economics 377 immunotherapy 377  
pharmacotherapy 377 nonvenomous arthropods 1579 nuts 328-29, 374 pathogenesis 369 steps in

369f, 369 prevalence 369 prevention 371 rhinitis see allergic rhinitis sensitization as predictor 370 uncertainty areas 377 alloantibodies 5567 allogeneic haematopoietic stem cell transplantation acute lymphoblastic leukaemia management 5275 donors 5579, 5582 myelodysplastic syndromes management 5204 plasma cell myeloma management 5317 allografts acute rejection 392, 393f definition 393t rejection, C-reactive protein 2204 alloimmune haemolytic anaemias 5484 acute haemolytic transfusion reactions 5484 delayed haemolytic transfusion reactions 5485 haemolytic disease of the newborn 5485 passenger lymphocyte haemolysis 5485 alloimmune thrombocytopenia see platelet destruction disorders allopurinol adverse reactions 2022 hypersensitivity 4610 gout management 2022, 4489 gout post-renal transplant 4902 hereditary renal hypouricaemia and uric acid stones management 2024 hypoxanthine-guanine transferase deficiency management 2026 uric acid urolithiasis management 2023–24 aloe vera drug interactions 205t skin disease management 5766 alopecia areata 5729f, 5729

10 Index VOLUME 1 pp. 1–1634 VOLUME 2 pp. 1635–3238 VOLUME 3 pp. 3239–5166 VOLUME 4 pp. 5167–6654 Alpers–Huttenlocher syndrome 6263, 6345t, 6346 Alpers' syndrome 6245  $\alpha$ 1-adrenergic blockers chronic prostatitis management 5086 CKD in pregnancy 2594t primary aldosteronism screening 2354  $\alpha$ -dystrinopathies, congenital muscular dystrophies (CMDs) 6293  $\alpha$ -fetoprotein (AFP) ataxia-oculomotor apraxia type 2 6263 ataxia telangiectasia 6209 hepatocellular carcinoma 3180 hepatocellular carcinoma biopsy 3181–82 neural tube defects prenatal diagnosis 6352, 6354 normal blood values 6585t precocious puberty 2432 screening test 140f, 140 testicular cancer assessment 5145 alphavirus infections 821, 822t arthritis 4462 arthritis- and rash-associated 823 Barmah Forest virus 824 Chikungunya virus 823 Mayaro virus 824, 825f O'nyong-nyong virus 824 Ross River virus 824 Sindbis virus 824 laboratory diagnosis 823 neuroinvasive diseases 825 Eastern equine encephalitis virus 825 Venezuelan equine encephalitis antigenic complex 825 Western equine encephalitis virus 826 Alport's syndrome thin membrane nephropathy vs. 4919 X-linked 5069, 5069t ALS see advanced life support (ALS) alteplase acute pulmonary embolism management 3727 STEMI management 3648 alternative complement pathway see complement Alu elements 224 aluminium associated bone disorders 4667 normal blood values 6586t phosphide poisoning 1757 pneumoconioses 4233 poisoning 1751 alveoli 3942f anatomy 3938f, 3938 blood-gas barrier 3938 capillary leakage, drug-induced alveolar disease 4276 drug-induced disease see drug-induced alveolar disease gas exchange 3944 hyperventilation, polycythaemias 5230 hypoventilation 4287 hypercapnia 4284f, 4284 hypoxaemia 4284 interconnected structure 3944 macrophages inhaled particles clearance 4220 sarcoidosis 4210 small 3944 ventilation, chronic respiratory failure management 4289 wall inflammation in COPD 4107 Alzheimer's disease (AD) 603, 5835, 6234, 6478 amyloid beta (A $\beta$ ) 2222, 2226, 6234–35 apoptosis 279 APP duplication 6235 cerebral amyloid 2222 clinical features 604t, 5839, 6478 amnesia 5839 aphasia 5825 atypical disease 5841 episodic (autobiographical) memory 5827 copy number variants 226t diagnosis 6133 histology 5835–36 epidemiology 5836 familial disease 5836 sporadic disease 5836 histopathology 6235 historical perspective 5835 investigations 5841f, 5841 imaging 5815–16 management 5842 drug management 6480 nonpharmacological management 5842 pharmacological management 5842 medical ethics 21 pathology 5836, 5839f, 6234–35 pathophysiology 5836, 5840f, 5841f prognosis 5842 psychoses 6482 risk factors 5836 Amanita phalloides (death cap) 5062 amatoxin poisoning 1821, 1823f amaurosis fugax 6413 amblyopia (lazy eye) 6407 ambulatory blood pressure monitoring (ABPM) 3756b, 3756 blood pressure measurement 3755 hypertension diagnosis 3740, 3741f amenorrhoea causes 2378, 2378t CKD 4839 definition 2378 gonadotrophin deficiency 2268 hypothalamic/pituitary disorders 2380, 2381f

oligomenorrhoea vs. 2378 American Academy of Allergy, Asthma and Immunology (AAAAI) 3850, 3858 American Association for the Study of Liver Diseases (AASLD) 3080, 3123 American College of Cardiology (ACC) acute coronary syndrome 3304 endocarditis prevention 3529 lipidaemia management guidelines 2085t myocardial infarction definition 3629 stroke risk assessment 3370 American College of Chest Physicians (ACCP) 3371, 4322–23 American College of Critical Care Medicine 3904 American College of Rheumatology (ACR) 5640 acute gouty arthritis 2019–20, 2020b ANCA-associated vasculitis 4557, 4565 eosinophilic granulomatosis with polyangiitis 4201–2 giant cell arteritis 4549–50, 4549t osteoarthritis 4470–71, 4471t rheumatoid arthritis classification criteria 4431 rheumatoid arthritis remission criteria 4433, 4433t small-vessel vasculitis 4573–74 systemic lupus erythematosus classification 4500, 4500t systemic sclerosis 4519 Takayasu arteritis 4552 American College of Surgeons National Surgical Quality Improvement Program 570 American Diabetes Association (ADA) 2468–69, 2496, 4984 American-European Consensus Conference (AECC) 3873–74 American Geriatrics Society 570 American Heart Association (AHA) acute rheumatic fever 3514 endocarditis prophylaxis 3530–32 lipidaemia management guidelines 2085t myocardial infarction definition 3629 stroke risk assessment 3370 sugar consumption recommendations 1995 American mucosal leishmaniasis (espundia) 1470, 1471f American Society of Anesthesiologists (ASA) 565–66, 3862 American Thoracic Society breathlessness 3947 COPD 4099 idiopathic interstitial pneumonia 4168, 4168t idiopathic pulmonary fibrosis 4177 occupational asthma 4073 American trypanosomiasis see Chagas' disease (American trypanosomiasis) amikacin adverse reactions, acute kidney injury 4822 normal blood values 6588t renal disease, effects of 5163t tuberculosis management 4030 amiloride adverse reactions, hypokalaemia 4751 ascites management 3063 Gitelman's syndrome management 5117–19 hypertension management 3767 primary aldosteronism management 2355–56, 3785 2-amino/2-oxoadipic aciduria 1949t, 1962 amino acids aminoaciduria 5112, 5120, 5120t cystinuria 5120t, 5121 definition 5120 Hartnup's disease 5120t, 5121 lysinuric protein intolerance (LPI) 5120t, 5121 renal lead toxicity 4969 analysis 1946b, 1946 disorders amino acidurias 6220 eye diseases/disorders 6437 metabolism 1846, 1847f, 1853t derivation of 1847 energy production 1848f, 1848 intertissue flux 1849, 1850f liver 3040 nutritional support 1917 proximal tubule function 4792 aminoglutethimide adverse reactions 2393t, 2545–46 Cushing's syndrome management 2347 aminoglycosides adverse reactions 702t, 2187, 3067, 4822 management monitoring, pharmacokinetics 99 peritonitis in peritoneal dialysis 4877 aminosalicylates Crohn's disease management 2932 drug-induced chronic tubulointerstitial nephritis 4957t, 4958f, 4962, 4963f inflammatory bowel disease in pregnancy 2625t renal disease, effects of 5153 ulcerative colitis management 2945, 2947 amiodarone adverse reactions 90 drug-induced hyperthyroidism 2550 eye diseases/disorders 6439 neuropathies 6189 thyroid disease 2550 thyroid hormone 2301 thyrotoxicosis 2301 antiarrhythmia management 3365t arrhythmias in hypertrophic cardiomyopathy management 3476 arrhythmogenic right ventricular cardiomyopathy management 3487

Index 11 VOLUME 1 pp. 1–1634 VOLUME 2 pp. 1635–3238 VOLUME 3 pp. 3239–5166 VOLUME 4 pp. 5167–6654 cardiac arrest 3844 chronic heart failure management 3416 drug-induced interstitial pneumonitis and fibrosis 4277f, 4277, 4278f renal disease, effects of 5155t sarcoidosis management 3496 ventricular tachycardia management 3382 amitriptyline diabetic neuropathy management 2522 headache prevention 6001 migraine prevention 5993t motor neuron disease management 6166–67 normal blood values 6588t pain management 631 tension-type headaches 5995 AML see acute myeloid leukaemia (AML) amlodipine hypertension management 3766t, 3768 pre-eclampsia management 2587 renal disease, effects of 5156 ammonia adult values 6581t

formation of 1848–49 hepatic encephalopathy type A 3081 hepatic encephalopathy type C pathogenesis 3082 liver metabolism 3040 poisoning 1768 amnesia Alzheimer's disease 5839 episodic (autobiographical) memory loss 5827, 5828f, 5828t traumatic brain injury 6045 amodiaquine 1410t amoebiasis 1384 African trypanosomiasis see Chagas' disease (American trypanosomiasis) appendicitis 1387 Chagas' disease see Chagas' disease (American trypanosomiasis) colitis with dysentery 1386 free-living amoebae 1392 Acanthamoeba infection see Acanthamoeba infection Balamuthia infection 1392f, 1393, 1394f Naegleria fowleri infection see Naegleria fowleri infection Sappinia infection 1393 parasitic gut amoebae 1391 see also Entamoeba histolytica infection amoxicillin adverse drug reactions 89 HACK endocarditis management 3529 Helicobacter pylori infection management 2857, 2858 renal disease, effects of 5163t small intestine bacterial overgrowth management 2883 amphetamines adverse reactions, erectile dysfunction 2409t drug-induced pulmonary vasculature 4279 amphibians, animal poisons 1800f, 1800 amphotericin B adverse reactions 702t Candida albicans infection management 5091–92 coccidioidomycosis management 1364 Cryptococcus neoformans in HIV/ AIDS 6105 haemodialysis/peritoneal dialysis 5151 ampulla of Vater 3033f anatomy 2723f, 3196–97 amrinone 3890 Amsler charts 6399 amyloid beta (A $\beta$ ) Alzheimer's disease 6234–35 amyloid fibrils 2226 amyloid fibrils 2225 proteins/precursors 2225 amyloid A (AA) 2226 amyloid beta (A $\beta$ ) 2226 amyloid P component 2228 apolipoprotein A-I/A-II 2227  $\beta$ 2-microglobulin 2228 cystatin C 2227 gelosin 2227 glycosaminoglycans 2228 immunoglobulin light chain 2225 islet amyloid polypeptide (IAPP) 2228 lysozyme 2227 transthyretin 2226 amyloidosis 2218, 4600  $\beta$ -2M 4600 AA amyloidosis see AA amyloidosis acquired syndrome 2219t AL amyloidosis see AL amyloidosis amyloid light chain 4600 amyloid protein 2218 cerebral amyloid 2222b, 2222 cerebral amyloid angiopathy 2223 hereditary cerebral amyloid angiopathy 2223 hereditary cerebral haemorrhage with amyloidosis 2223 prion disease associated 2223 sporadic cerebral A $\beta$  amyloidosis 2223 see also Alzheimer's disease (AD) chronic heart failure 3410t clinical types 2219 clinicopathological correlation 2219, 2219t, 2220t diagnosis 2229 biochemical tests 2230 biopsies 2229 genetic tests 2230 histochemistry 2229 scintigraphy 2230 serum amyloid P 2230, 2231f structural imaging 2230 endocrine amyloid 2225 haemodialysis-associated 2224 heart muscle disease 3494 hereditary systemic amyloidosis 2223 familial amyloid cardiomyopathy 2220t, 2224 familial amyloid polyneuropathy (hereditary transthyretin amyloidosis) 2223 familial amyloid polyneuropathy with predominant cranial neuropathy 2224 familial Mediterranean fever 2224 non-neuropathic systemic amyloidosis 2224 immunocyte dyscrasia associated see AL amyloidosis leprosy 5057 leucocyte chemotactic factor 2 amyloidosis 2224 malabsorption 2876t management 2232 future work 2233 general measures 2233 monoclonal immunoglobulin light-chain associated see AL amyloidosis neuropathies 6193 pulmonary see pulmonary amyloidosis rare localized amyloidosis syndromes 2225 reactive systemic see AA amyloidosis renal disease 5039 secondary 4600 renal disease and 5008 senile amyloidosis 2221 senile focal amyloidosis 2222 wild-type transthyretin (cardiac) amyloidosis 2221 senile focal 2222 spill-over proteinuria 4786 systemic 4777 see also amyloid fibrils amyotrophic lateral sclerosis (ALS) 6167t, 6168, 6270 clinical features 6170f, 6170 clinical variants 6171 definition 6166 diagnostic concerns 6171 differential diagnosis 6171 epidemiology 6270–71 family history 6168–69 genetics 6168–69, 6168t, 6271–72, 6271t, 6272t chromosome 9 open reading frame 72 6273 fused in sarcoma (FUS) 6274 superoxide dismutase 1 6273 transactive response DNA-binding protein 43 6273 management 6171 disease-modifying management 6171 paraneoplastic neurological syndromes 6390 pathology 6169f, 6169, 6270–71 prognosis 6171 anaemia 5359 acquired aplastic anaemia see acquired aplastic anaemia adaptations to 5359, 5360, 5360t cardiovascular changes 5361f, 5362 erythropoietin 5361 intrinsic red cell adaptation

5360, 5361b, 5361f pulmonary function 5362 tissue perfusion local changes 5361 cardiogenic anasarca 3403 causes 5359, 5362 blood loss 5363 defective red cell maturation 5363b, 5363 haemolytic anaemia 5364b, 5364 red cell precursor defective proliferation 5362, 5363b chronic heart failure and 3412t, 3419 CKD 4852 clinical significance 4853 epidemiology 4853 management, 4853, 4854t pathogenesis 4852, 4853f classification 5359, 5362b, 5362 clinical approach 5359, 5364 clinical assessment 5364 haematological investigation 5365b, 5365 clinical manifestations 5359, 5362 consequences 5370 Crohn's disease 2928 defective red cell maturation 5450, 5451b alcohol 5455 arsenic 5455 congenital dyserythropoietic anaemias 5455 drugs 5455 lead 5455 zinc 5455 see also sideroblastic anaemias definition 5360, 5366, 5366t erythropoietic protoporphyria 2049 eye diseases/disorders 6417 folate deficiency see folate deficiency haematological system 4430t haemolytic see haemolytic anaemia heart failure 3395 low- and middle-income countries 5367f, 5367 folate deficiency 5368 infection 5368 inherited anaemias 5369, 5369t iron deficiency 5368 malabsorption 5369 vitamin B12 deficiency 5368 management 5365 niacin deficiency 5425 nicotinic acid deficiency 5425 pantothenic acid deficiency 5425

12 Index VOLUME 1 pp. 1-1634 VOLUME 2 pp. 1635-3238 VOLUME 3 pp. 3239-5166 VOLUME 4 pp. 5167-6654 plasma cell myeloma management 5319 post-renal transplant 4902 pregnancy 2572, 2687 folate deficiency 2688 physiology 2687 vitamin B12 deficiency 2688 prevalence 5360, 5366, 5367t prevention 5370 primary myelofibrosis 5251 protein deficiency 5425 riboflavin deficiency 5425 scleroderma renal crisis 5008 sport and exercise medicine 6571, 6571t stomach cancer 2984 thiamine deficiency 5425 ulcerative colitis 2942 vitamin B6 deficiency 5425 vitamin B12 deficiency see vitamin B12 (cobalamin) deficiency vitamin C deficiency 5424 biochemistry 5424 nutritional aspects 5424 vitamin E deficiency 5425 world health challenge 5366 anaemia of inflammation 5402 aetiology 5402b, 5402 clinical features 5404 clinical investigation 5405b, 5405 bone marrow aspiration 5406 clinical chemistry 5405 haematology 5405 laboratory investigations 5405 controversies 5407 differential diagnosis 5404b, 5404 bone marrow failure 5405 drugs 5405 iron deficiency anaemia 5404 microangiopathic anaemia 5405 renal failure 5404 elderly 5407 epidemiology 5403 future development 5407 management 5406 blood transfusion 5406 erythropoietin-stimulating agents 5406 iron management 5406 outcome 5407 pathogenesis 5403f, 5403 pathology 5403 prognosis 5407 anaerobic bacteria 1055 anaerobic bacteraemia 1057 antibiotic prophylaxis 1060 clinical spectrum 1057 anaerobic bacteraemia 1057 bone and joint infections 1058 central nervous system infections 1057 gastrointestinal infections 1058 genitourinary infections 1058 head and neck infections 1057 intra-abdominal infections 1058 pleuropulmonary infections 1058 skin and soft tissue infections 1058 definition 1055 diagnosis 1059 anaerobic blood culture 1059 clinical clues 1059 specimen collection 1059 epidemiology 1055 history 1055 human commensal flora 1055 gastrointestinal tract 1056 genitourinary tract 1056, 1057f oral cavity 1056 skin 1056 upper respiratory tract 1056 management 1059 antibiotic susceptibility and resistance 1059 surgery 1060 pathogenesis 1056 small intestine bacterial overgrowth 2880 taxonomy 1055, 1056t anaerobic blood culture, anaerobic bacteria diagnosis 1059 anaesthesia anaphylaxis 375 chloride channel effects 84 leprosy 1157 renal impairment 5161 risks in, Duchenne's muscular dystrophy 6319 topical rapid (premature) ejaculation management 2410 skin disease management 5766 see also sedation/sedatives anakinra 101t, 104 cryopyrin-associated periodic syndromes management 2214 gout management 4489 analgesia autosomal dominant polycystic kidney disease management 5067 chronic pancreatitis management 3223 critical limb ischaemia 3683 diabetic neuropathy management 2522 Fabry's disease management 6227 herpes simplex virus 1 infection 2807 migraine management 5992 nonopioid 631 critical care

in 3901 migraine management in pregnancy 2643 Paget's disease management 4642 renal disease, effects of 5159, 5159t sickle cell disorder management 5446 STEMI 3646 urinary stones management 5128 see also pain therapy analgesic nephropathy 4957 clinical features 4958 diagnosis 4958, 4959f differential diagnosis 4957t epidemiology 4957 management 4958 pathogenesis 4956, 4957 pathology 4957 Anapen® 3857 anaphylaxis acute presentation 6604 anaphylaxis 373, 3849 aetiology 3851 cofactor 'summation anaphylaxis' 3852, 3852t drug-induced 3851 exercise-induced 3852 food-induced 3851 idiopathic 3852 insect-sting 3851 latex-induced 3852 perioperative 3852 radiocontrast media 3852 allergic drug reactions 89 anaesthesia 375 clinical features 373b, 3853, 3853t cardiovascular system 3852t, 3854 cutaneous reactions 3852t, 3854f gastrointestinal system 3852t, 3854 general reactions 3853, 3854f neurological system 3852t, 3854 respiratory manifestations 3850f, 3852t, 3853 clinical investigations 3854 definition 3850b, 3850 severity grading 3850, 3851t diagnosis 3837t differential diagnosis 3854 discharge checklist 3857t drug-induced asthma 4274 drug reactions 89 epidemiology 328–29, 329f, 3853 future development 3858 immediate management 3855b, 3855 immunology referral 3857 observation 3856 ongoing management 3857 pathophysiology 3852 inflammatory mediators 3852 prevention 3857 second-line management 3856 systemic 1807, 1808 Anaphylaxis Campaign 3858 anaplasmosis see human ehrlichioses and anaplasmosis anaplastic astrocytoma 6051–52, 6052f anatomic abnormalities, oesophagus see oesophageal disease ANCA see anti-neutrophil cytoplasmic antibodies (ANCA) Ancylostoma caninum infection 1505 Ancylostoma duodenale infection gastrointestinal system 3010t transmission 3015t Anderson–Fabry disease (angiokeratoma corporis diffusum universale), cardiac disease 3499 Anderson–Hynes pyeloplasty 5130 Anderson's syndrome 252 androgen insensitivity syndromes (AIS) cryptorchidism 2402 disorders of sex development 2443–44 androgen receptors (ARs) 2381f, 2391 blockers acne management 5706 cancer chemotherapy 501 sexual differentiation 2436–37 testosterone metabolism 2391 androgens action defects 46, 2443 adverse reactions, liver tumours 3164 biosynthesis defects 46, 2438f replacement therapy, male hypogonadism 2399 Andrographis paniculata 203 Angelman's syndrome 227, 5685 angina chronic heart failure and 3418 diabetic complications 2525 see also stable angina; unstable angina (UA) angina pectoris 3277, 3278f angiodysplasia acute lower gastrointestinal bleeding 2778, 2779f CT 2754 gastrointestinal vascular disorders 3004, 3005f imaging, capsule endoscopy 2754 management colonoscopy 2735, 2737f endoscopy 2743 angio-oedema anaphylaxis 3854 skin drug reactions 5754t, 5756b, 5756 angiofollicular lymph node hyperplasia see Castleman's disease (angiofollicular lymph node hyperplasia) angiogenesis 5709 blood vessels 3251 cancer 447 endothelium 3251f, 3251–52 inhibitors, cancer chemotherapy 502, 503t psoriasis 5625 angiography brainstem death diagnosis 5909 cardiac surgery assessment 3667 colonic diverticular disease haemorrhage 2965 coronary artery disease in HIV/ AIDS 3537 hepatocellular carcinoma 3181 Kawasaki's disease 4593 myocarditis 3462–63 quantitative 3343 renal imaging 4801f, 4801 angioimmunoblastic T-cell lymphoma 5300 angiokeratoma 1616f, 1616 angiokeratoma corporis diffusum see Fabry's disease (angiokeratoma corporis diffusum) angioma 1616 angiomyolipoma benign liver tumours 3189 renal tumours 5071–72, 5072f

Index 13 VOLUME 1 pp. 1–1634 VOLUME 2 pp. 1635–3238 VOLUME 3 pp. 3239–5166 VOLUME 4 pp. 5167–6654 angio-oedema allergy 372 upper airway obstruction 4045 angioplasty Budd–Chiari syndrome management 3167 leg ischaemia management 3684–85 Angioplasty and Stenting for Renal Artery Lesions (ASTRAL) study 5047 disease outcomes 5047–48 angiosarcoma (lymphangiosarcoma) 3186, 5719 angiostrongyliasis 1516 Angiostrongylus cantonensis infection

1517 aetiology 1517 clinical features 1517, 1518f diagnosis 1518 epidemiology 1517 management, prognosis, and control 1518 pathology 1517 *Angiostrongylus costaricensis* infection 1518 aetiology 1518 diagnosis and management 1519 epidemiology 1518 pathology and clinical features 1518 angiotensin-converting enzyme see ACE (angiotensin-converting enzyme) angiotensin-converting enzyme inhibitors see ACE inhibitors angiotensin II circulatory support 3890 hypertension 3744–45, 3747f, 3747 pre-eclampsia 2584–85 angiotensinogen 2352, 3743 angiotensin receptor blockers (ARBs) acute kidney injury prevention 4811 adverse reactions atherosclerotic renovascular disease 5045 distal renal tubular acidosis with hyperkalaemia (previous type IV) 5109 hyperkalaemia 4760 renal disease 4778 chronic heart failure management 3414f, 3415 CKD in pregnancy 2594t dilated cardiomyopathy management 3481 drug interactions, lithium 6468 focal segmental glomerulosclerosis management 4926, 4927 hypertension management 3766t, 3768 acute stroke 3809 CKD 4842 contraindications 3767t diabetes 2525 left ventricular dysfunction management 3649 membranoproliferative glomerulonephritis 4941 minimal-change nephrotic syndrome management 4921 nonalcoholic fatty liver disease 3152 post-renal transplant hypertension 4899–900 primary aldosteronism screening 2354 renal disease, effects of 5155–56 STEMI management 3651 systemic sclerosis management 4524t angiotensin receptor-neprilysin inhibitor (ARNI) 3414f, 3415 animal poisons/toxins 1778, 1781 amphibians 1800f, 1800 aquatic animal ingestion 1802 carp gallbladder ingestion 1803 *Ciguatera* fish poisoning 1803 diagnosis 1804 histamine-like syndrome (scombrototoxic poisoning) 1803 management 1804 paralytic shellfish poisoning 1803 prevention 1804 tetrodotoxin poisoning 1803 arthropods see venomous arthropods birds 1801f, 1801 fish 1801f, 1801, 1802f clinical features 1802 epidemiology 1801f, 1801, 1802f incidence 1801 management 1802 prevention 1802 venom composition 1802 leeches (Hirudinea) 1814 aquatic leeches 1814 land leeches 1814 lizards 1800f, 1800 mammals 1781 snakes see snake bites tropical renal disease 5060, 5061 venomous marine invertebrates see venomous marine invertebrates animals bites, acute presentation 6634 disease models allergic rhinitis 4061, 4062f antiglomerular basement membrane disease 4944 antiglomerular basement membrane disease pathogenesis 4943 cystic fibrosis 4164 gene editing 288 hypersensitivity pneumonitis 4250 inborn errors of metabolism 1939 myocarditis 3461 osteoarthritis pathology 4377 prerenal failure/acute tubular necrosis 4820 leptospirosis 1199 mechanical injuries 1779 clinical features 1780 epidemiology 1779 management 1780 prevention 1780 rabies see rabies stings, acute presentation 6634 anion gap acidosis 2183b, 2194, 2195f acid-base disorders diagnosis 2184 ethylene glycol 2196, 2196t metabolic acidosis 2184b, 2184 methanol 2197 5-oxoprolinuria 2189f, 2197 salicylate intoxication 2197 see also diabetic ketoacidosis; lactic acidosis aniridia 6401t, 6437 anisakidosis 1509f, 1509 gastrointestinal system 3010t transmission 3015t ankylosing spondylitis 4446 clinical features 4446f, 4446 diagnosis 4447, 4447t epidemiology 4446 heart muscle disease 3493 immunopathology 4446 interstitial lung disease 4197 laboratory tests 4447 management 4448 medication in pregnancy 2709 neurological disorders 6378 pathogenesis 4446 physical examination extra-articular organs 4447 spine/thoracic cage 4447 prognosis 4449 pulmonary disease 4197 radiology 4447 sacroiliac CT 4448 sacroiliac MRI 4448 sacroiliac radiology 4447, 4448f spinal MRI 4448 spinal radiology 4448f, 4448, 4449f spinal disorders 4332 ulcerative colitis 2944 Ann Arbor staging Hodgkin's lymphoma 5282, 5283t non-Hodgkin's lymphoma 5291, 5292t annular erythemas 5671 erythema annulare centrifugum 5671, 5672f erythema gyratum repens 5672 erythema migrans 5672f, 5672 lesion shape/grouping 5598 anogenital lumps/bumps 1613 clinical approach 1613, 1614f deep palpable lesions 1619 cystic/nodular lesions 1619 oedema/swellings 1620 superficial lesions 1613 crusty lesions 1618 flesh-coloured lesions 1613 pigmented lesions 1617 plaque/flat lesions 1618 pustular lesions 1618 red lesions 1616 anogenital

warts 878, 1615f, 1615 clinical features 879, 880f, 881f diagnosis 879 epidemiology 879 management 879 anorexia nervosa acute abdomen 2766 aetiology 6510b cancer 488 classification/diagnosis 6509b clinical features 6510 detection and diagnosis 6511 dyslipidaemia 2084 epidemiology 6510f, 6510 hypothalamopituitary function 2548 management, medical complication management 6511, 6512b outcome 6513 secondary hypoadrenalism (ACTH deficiency) 2350 ulcerative colitis 2940 anovulation 2378 bone health in athletes 6567 polycystic ovary syndrome 2382–83 ANS see autonomic nervous system (ANS) Antabuse (disulfiram) see disulfiram (Antabuse) antenatal screening 141t, 143 anterior ischaemic optic neuropathy (AION) 5916, 6414–16 anterior lobe (adenohypophysis), pituitary gland see pituitary gland anterior pituitary gland assessment 2262 function testing 2262 imaging 2263 neuro-ophthalmological evaluation 2264 craniopharyngiomas see craniopharyngiomas disorders 2258 hormones 2264 adrenocorticotrophic hormone (ACTH) see adrenocorticotrophic hormone (ACTH) follicle-stimulating hormone (FSH) see follicle-stimulating hormone (FSH) growth hormone (GH) see growth hormone (GH) luteinizing hormone (LH) see luteinizing hormone (LH) prolactin (PRL) see prolactin (PRL) thyroid-stimulating hormone (TSH) see thyroid-stimulating hormone (TSH) hypophysitis 2276 hypopituitarism 2273b, 2273 pituitary adenomas 2273 pituitary apoplexy 2274 pituitary carcinomas 2274 radiotherapy 2264 Rathke's cleft cysts 2276 surgery 2264

14 Index VOLUME 1 pp. 1–1634 VOLUME 2 pp. 1635–3238 VOLUME 3 pp. 3239–5166 VOLUME 4 pp. 5167–6654 tumours, multiple endocrine neoplasia type 1 (MEN1) 2323 anterior uveitis 6420, 6421f, 6422f anthracyclines 500 anthrax 1094 aetiology 1095, 1096f clinical features 1098 cutaneous anthrax 1098, 1099f gastrointestinal anthrax 1099f, 1099 inhalational anthrax 1099, 1100f injection anthrax 1100 meningeal anthrax 1100 clinical investigations 1100 diagnosis 1098 differential diagnosis 1100 ecology 1096 epidemiology 1096 burden of disease 1097 deliberate release 1097 distribution of disease 1097f, 1097 forms of disease 1096, 1096t outbreak examples 1097 future developments 1102 historical importance 1095 management 1100 pathogenesis 1098 organ-specific 1098 prevention 1101 prognosis 1101 special circumstances 1101 anti-androgens adverse reactions, erectile dysfunction 2409t hidradenitis suppurativa management 5700 metastatic prostate cancer management 5145 skin disease management 5770 anti-anxiety drugs 6465t, 6470 withdrawal of 6466 see also benzodiazepines anti-arrhythmic drugs cardiorenal syndrome 3426 chronic heart failure management 3416 falls in elderly 583t pain management 632t pulmonary arterial hypertension 3704 renal disease, effects of 5155, 5155t STEMI/non-STEMI ACS 3652 tachycardia management 3364, 3364t, 3365t antibacterial agents 686t adverse reactions 702t mode of action 687, 687t nucleic acid inhibitors 687 protein synthesis inhibitors 687 poisoning by 1734 antibiotics acne management 5705, 5705t acute diverticulitis management 2963 acute pancreatitis management 3214 acute rhinitis management 4007 acute sinusitis management 4007 adverse reactions allergies 375 diarrhoea 672 induced-anaphylaxis 4274 anaerobic bacteria management 1059 atopic dermatitis/eczema management 5635 Bartonella infection 1270 broad-spectrum 690, 2883 chronic osteomyelitis management 4694 colonoscopy 2736 Crohn's disease management 2932 cystic fibrosis management 4158 endocarditis management 3529 enteric fever management 1048, 1048t gastrointestinal immune system 2783–85 gastrointestinal infections 3023 gastrointestinal system immunology 2725–26 Haemophilus influenzae type b management 1070 leg ulcers 5715 leptospirosis prevention 1204 liver failure management 3098 Neisseria meningitidis infection management 1021, 1022, 1022t Neisseria meningitidis infection prevention 1025 nosocomial infections 670 over-prescription of 15 pelvic inflammatory disease management 1624, 1624t pharyngitis/tonsillitis 4005

pharyngitis/tonsillitis management 4005f, 4005 PSC management 3139, 3140 reactive arthritis management 4468 relapsing fever management 1196 renal disease, effects of 5162, 5163t resistance 692 Chlamydia trachomatis infection 1287 enzymatic inactivation 693 Haemophilus influenzae infection 1069 impermeability resistance 693 metabolic bypass resistance 694 Neisseria gonorrhoeae infection see Neisseria gonorrhoeae infection pneumococcal infections see pneumococcal infections prevalence 698t staphylococci infections 992 surveillance of 694 target site alterations 693 testing, Helicobacter pylori infection 2857, 2858 sepsis management 659 septic arthritis management 4460, 4461t small intestine bacterial overgrowth management 2883b, 2883 syphilis management 1220, 1220t systemic sclerosis management 4524t topical, acne management 5705 uncomplicated acute pyelonephritis management 5083 uncomplicated cystitis management 5079t, 5083f, 5083, 5084t variceal bleeding 3072 see also antimicrobial therapy antibody deficiency 357 associated with thymoma 359 autosomal recessive antibody deficiencies with B lymphopenia 358 common variable immunodeficiency see common variable immunodeficiency (CVID) IgA deficiency 359 IgG subclass deficiency 360 immunoglobulin replacement management 360 adverse reactions 360 dosages 358b, 360 physiological antibody deficiencies 359 prognosis 361 selective antibody deficiency with normal immunoglobulins 359 supplementary management 361 transient hypogammaglobulinaemia of infancy 359 X-linked agammaglobulinaemia 358 antibody fragments 107 antibody-mediated rejection (ABMR) late (chronic) renal transplant rejection 4888 transplantation 400 transplant rejection 400 anti-C1q antibodies assays of 323, 323t lupus nephritis 5002 anti-CD20 antibody see rituximab anticholinergic drugs contraindications, Parkinson's disease 5953 COPD management 4126, 4128f, 4128, 4128t death rattle 637 detrusor sphincter dyssynergia 6143 falls in elderly 583t Parkinson's disease management 604 urinary incontinence 594 anticoagulants 3729 ACS management 3636, 3638 acute cerebral infarction management 6018 acute pulmonary embolism management 3726f, 3726 acute upper gastrointestinal bleeding management 2777 arrhythmias in hypertrophic cardiomyopathy management 3476 arterial occlusion in acute kidney disease 4825 atrial fibrillation 3733 cerebral infarction management 6018 cholesterol embolism 3688 chronic heart failure management 3416 CKD in pregnancy 2594t dilated cardiomyopathy management 3482 Ebstein anomaly management 3569 endothelial cells 5492, 5492t falls in elderly 587 fibrinolysis 3733 haemodialysis 4869b, 4869 heart valve surgery see heart valve surgery hypertension with myocardial infarction/unstable angina 3808 INR control 3372, 3372t, 3373f ischaemic stroke prevention 6019 lumbar puncture contraindications 5782 mechanical heart valves 3733 oral fragility fractures 587 renal disease, effects of 5157 stroke prevention 3370, 3372t thromboembolism prevention 3370 use of 3372 oral direct inhibitors 3731, 3732f factor Xa inhibitors 3732 thrombin (IIa) inhibitors 3732 perioperative management 3734, 3734t poisoning by 1734 pregnancy in 3733 primary intracerebral haemorrhage management 6023 pulmonary arterial hypertension management 3704 renal disease, effects of 5157 restrictive cardiomyopathy management 3484 schedules 6603t STEMI/non-STEMI ACS 3651 vascular dementia management 5854 venous thromboembolism 3729 anticonvulsant drugs adverse reactions hypogonadism/ infertility 2550-51 liver enzyme induction 5876 male reproductive disorders 2393t osteomalacia/rickets 4638 vitamin D metabolism 5876-77 diabetic neuropathy management 2522 drug interactions, sodium valproate 6468 epilepsy management 5870f, 5870, 5873t adherence problems 5871 breastfeeding 5877 combinations 5871

Index 15 VOLUME 1 pp. 1-1634 VOLUME 2 pp. 1635-3238 VOLUME 3 pp. 3239-5166 VOLUME 4 pp. 5167-6654 dosage 5871 driving 5878 drug monitoring 5877 drug withdrawal 5877 enzyme

induction 5876 first drug failure 5871 generic prescribing 5871 pregnancy 5877 rarely used medications 5876 second-line agents 5875 third-line agents 5875 focal epilepsy 5870–71 folate deficiency 5419 HIV-associated neuropathy 6108 mechanism of action 5871, 5872f migraine prevention 5993t pain management 631, 632t poisoning by 1735 antidepressant drugs 6465t, 6466, 6497t adverse reactions 6466, 6466t bulimia nervosa management 6512 depressive disorder management 6496, 6497t haemodialysis/peritoneal dialysis 5151 low mood management 6464 mechanism of action 6466 newer types 6467 pain management 632t poisoning by 1735 somatic symptom disorder management 6462, 6519 withdrawal of 6466 see also selective serotonin reuptake inhibitors (SSRIs); tricyclic antidepressants (TCAs) antidiabetic agents, poisoning by 1736 antidiarrhoeal drugs 3020 antidiuretic hormone (ADH) ascites pathogenesis 3059 hyponatraemia 4732, 4733f pregnancy in 2564–65 prerenal failure/acute tubular necrosis diagnosis 4821 water excretion 4730–31 water metabolism disorders 4730 see also vasopressin antidromic tachycardia 3378f, 3379f, 3380 antidrug antibodies (ADAs) 106 anti-epileptic drugs N-acetylaspartic aciduria (Canavan's disease) management 1969 adverse reactions, eye diseases/ disorders 6437 autoimmune encephalopathy with NMDAR antibodies 6395 autoimmune limbic encephalitis with VGKC- complex antibodies management 6394 drug interactions, antipsychotic drugs 6469–70 pregnancy 2643 renal disease, effects of 5159 vertigo management 5927t antifibrotic drugs 3048, 3048t idiopathic pulmonary fibrosis management 4183 renal disease, effects of 5157 antifungal agents 686t adverse reactions 702t allergic bronchopulmonary mycosis 4240 mode of action 689 postoperative renal transplantation management 5162t skin disease management 5765, 5769 antigen-presenting cells (APCs) B cells as 333 rheumatoid arthritis aetiology 4416 transplant rejection 399 antigens avoidance, hypersensitivity pneumonitis management 4253 hypersensitivity pneumonitis 4248 presentation B cells/T cells 327f lysosomes 2124 receptors, lymphocytes 5264, 5265f recognition B cells 328f, 328 CD4+ T cells 328f T-cell receptor 327 T cells, T cell subset bridging 328 specificity 326 tests bacterial meningitis 5785 pneumococcal infection 983 tuberculosis diagnosis 1141 variation in African trypanosomiasis 1454 biology of pathogenic organisms 654 antiglomerular basement membrane antibodies, ANCA- associated vasculitis (AAV) and 4992 antiglomerular basement membrane disease 4577, 4943 acute kidney injury causes 4826 ANCA-associated vasculitis 4559–60 clinical investigations 4947 diagnosis 4947, 4947t differential diagnosis 4947, 4947t epidemiology 4945 historical aspects 4943 management 4947 pathogenesis 4943 animal models 4944 autoantibody specificity 4943, 4944f disease mediators 4943 genetic susceptibility 4944 pathological findings 4945 prognosis 4948t, 4949 serological findings 4944 symptoms and signs 4945 pulmonary system 4946f, 4946 renal system 4946 variants and overlap syndromes 4946 ANCA positivity and vasculitis overlap 4946 isolated lung haemorrhage 4946 membranous nephropathy 4946 post-transplant disease in Alport's syndrome 4947 see also Goodpasture's syndrome antihistamines allergic rhinitis management 4064, 4065 allergy management 371, 377 anaphylaxis management 3856 poisoning by 1737 renal disease, effects of 5158 skin disease management 5766 tongue swelling management 377 antihypertensive drugs acute kidney injury prevention 4811 advanced renal impairment management 5161t adverse reactions, erectile dysfunction 2409t blood pressure control in CKD 4842 blood pressure control in diabetic nephropathy 4981 CKD in pregnancy 2594t CKD management 4842, 4843f falls in elderly 583t ischaemic stroke prevention 6019 pharmacodynamics in older people 573 postoperative renal transplantation management 5162t pre-eclampsia management 2587 rebound phenomena 90 renal disease, effects of 5155 anti-inflammatory agents AA amyloidosis management 2232 acute pancreatitis management 3214 acute respiratory distress syndrome management 3879 ankylosing spondylitis management 4448 autoimmune disease management 391 bronchiectasis management

4148 bullous pemphigoid management 5614 cystic fibrosis 4160 delirium management 6477 linear IgA disease management 5616 monogenic inflammatory bowel disease 2975–76 mucous membrane pemphigoid 5615–16 septic shock without meningitis 1020 anti-integrin therapy Crohn's disease management 2933 ulcerative colitis management 2946 antimalarial drugs poisoning by 1737 rheumatoid arthritis management 4435 skin disease management 5769 antimicrobial therapy 684, 686t adverse reactions 701f, 701, 702f, 702t eye diseases/disorders 6439 asthma management 4089 autosomal dominant polycystic kidney disease management 5067 bronchiectasis management 4148, 4149f bronchiolitis obliterans 4187 Chlamydia trachomatis infection management 1288, 1288t cystic fibrosis 4158 formularies 703, 704t future of 703 gastrointestinal infection management 3020 leptospirosis management 1202, 1203b Lyme borreliosis management 1185t pharmacokinetics 694 bioavailability 694, 696f distribution 694 excretion 696 metabolism 695 pharmacodynamics 696, 696t, 697f, 697t, 698t pharmacology 687 mode of action 687 pneumonia management 4018, 4018t, 4019t practice guidelines 703 principles of use 697, 698t, 699t bactericidal vs. bacteriostatic agents 700 dose selection 700 management duration 700 prophylactic use 698 prophylactic 698 HIV/AIDS, pulmonary complications 4032 traumatic haemothorax 4319 Pseudomonas aeruginosa infection 1043 raised intracranial pressure 3896 skin disease management 5769 spectrum of activity 690 broad spectrum 690 combined drug management 690, 692b, 692f narrow-spectrum 690 susceptibility testing 690, 691f urinary incontinence 594 see also antibiotics anti-mitochondrial antibody (AMA) jaundice 3055 primary biliary cholangitis 3128 antimotility agents gastrointestinal infections management 3020 renal disease, effects of 5153 antiMüllerian hormone (AMH) 2379 sexual differentiation 2436 antimuscarinic bronchodilators acute asthma management 4095 renal disease, effects of 5158 anti-muscle-specific tyrosine kinase (MUSK) antibodies, myasthenia gravis 6296f, 6296–97, 6299

16 Index VOLUME 1 pp. 1–1634 VOLUME 2 pp. 1635–3238 VOLUME 3 pp. 3239–5166 VOLUME 4 pp. 5167–6654 anti-neutrophil cytoplasmic antibodies (ANCA) 5640 antiglomerular basement membrane disease pathogenesis 4944–45 cerebral vasculitis 6379 immune-mediated alveolar haemorrhage 4236 pulmonary arterial hypertension 3700 rheumatological diseases 4403 systemic vasculitis pathogenesis 4989 vasculitis see anti-neutrophil cytoplasmic antibodies (ANCA)-associated vasculitis (AAV) anti-neutrophil cytoplasmic antibodies (ANCA)-associated vasculitis (AAV) 4405, 4496, 4556, 4557f, 5644b, 5644 aetiology 4559 secondary causes 4559, 4559t anti-glomerular basement membrane antibodies and 4992 cholesterol embolism vs. 3689 clinical features 4561, 4561t, 4991b, 4992 cardiac system 4564 eye 4564 gastrointestinal system 4564 nervous system 4564 prodromal phase 4561 renal system 4562, 4563f respiratory system 4562f, 4562 skin 4564 systemic features 4562 diagnosis 4565 epidemiology 4496t, 4558 age 4559 ethnicity 4558 gender 4559 geography 4558 incidence 4558, 4558t prevalence 4558, 4558t eye diseases/disorders 6424 future directions 4568 heart muscle disease 3494 history 4557, 4558t imaging 4564 infective endocarditis 5036f, 5036 laboratory features 4564 management 4565, 4565t, 4566t induction management 4565, 4567 refractory disease 4567 relapses 4567 remission maintenance management 4567, 4567t outcomes 4567, 4568f pathology 4560f, 4560 polymyalgia rheumatica vs. 4586 vasculitis overlap 4946 see also eosinophilic granulomatosis with polyangiitis (EGPA/ Churg–Strauss syndrome); granulomatosis with polyangiitis (GPA/ Wegener's granulomatosis); microscopic polyangiitis (MPA) anti-NMDA-receptor antibodies 5959 autoimmune encephalitis 6483 anti-nuclear antibodies (ANA) 4497, 4497t acquired aplastic anaemia 5341 idiopathic photodermatoses 5689 pulmonary arterial hypertension 3700 rheumatological disease tests 4403, 4404b scleroderma renal crisis 5008 systemic lupus erythematosus 4508 anti-

onconeural antibodies 6385, 6385t, 6386f anti-oxidants acute respiratory distress syndrome management 3878 cancer aetiology 1896–97 chronic pancreatitis management 3224 dermatological vehicles 5762 drug-induced liver injury 3158 malnutrition 1886 neuropsychiatric adult peroxisomal disorders 2163 selenium 1877 vitamin E 1861 anti-phospholipid antibodies 4502, 5006, 5559 antiphospholipid syndrome (APL) 4502 classification criteria 2658t heart muscle disease 3492 immunological tests 4404 liver disease and 3177 pregnancy 2655, 2658 avoidance of 2667 indications 2659 management 2659, 2661t post-partum issues 2660, 2661t pre-eclampsia development 2659 systemic lupus erythematosus development 2659 antiplatelet drugs ACS management 3634, 3638, 3642f, 3642 acute upper gastrointestinal bleeding management 2777 bleeding tendencies 5518 cardiac surgery assessment 3667b, 3667 cerebral infarction management 6018 chronic heart failure management 3416 CKD in pregnancy 2594t clinical trials 59t, 60 ischaemic stroke prevention 6019 peptic ulcer disease 2851 peptic ulcer disease recurrence prevention 2858t, 2859 renal disease, effects of 5157 vascular dementia management 5854 antiproliferative agents immunosuppression in transplantation 402 postoperative renal transplantation management 5162t transplant immunosuppression 402 antiprotozoal agents 686t adverse reactions 702t antipsychotic drugs 6465t, 6468 adverse reactions 6469, 6515 dementia 5835 eye diseases/disorders 6437 male reproductive disorders 2393t bipolar disorder management 6500 delirium management 558, 6477 drug interactions 6469 falls in elderly 583t indications 6469 main types 6469 poisoning by 1738 renal disease, effects of 5158 schizophrenia management 6515, 6515t, 6516 see also clozapine; olanzapine; quetiapine; risperidone antiretroviral therapy drug-induced alveolar disease 4278 HIV/AIDS see HIV/AIDS antirheumatic drugs adverse reactions, renal disease 5001, 5010 pregnancy 2664t, 2666 anti-RNA polymerase III antibodies scleroderma management in pregnancy 2666 systemic sclerosis 4522 anti-Ro antibodies neonatal lupus syndrome 2658 systemic lupus erythematosus 4508–9 systemic lupus erythematosus in pregnancy 4511 antisense oligonucleotides (ASOs) 232 Becker's muscular dystrophy management 6281 Duchenne's muscular dystrophy management 6281 familial hypercholesterolaemia management 2079 spinal muscular atrophy 6269 antispasmodic drugs colonoscopy 2736 irritable bowel syndrome management 2957, 2957t renal disease, effects of 5152 uncomplicated diverticular disease 2962–63 antithrombin coagulation inhibitors 5505 deficiency 2240–41 antithrombotic therapy acute pulmonary embolism management 3723t, 3726 bleeding risk 3371, 3371t, 3372t, 3373f postoperative renal transplantation management 5162t antithymocyte/antilymphocyte globulin (ATG/ALG) acute cellular renal transplant rejection 4886–87 adverse reactions 404t post-lung transplantation 4299 transplant immunosuppression 404 anti-thyroglobulin antibodies primary thyroid epithelial tumours investigations and diagnosis 2305 thyroid status determination 2289 antithyroid drugs adverse reactions 2298b, 2298 Graves' disease management 2298 induced hypothyroidism 2298  $\alpha$ 1-antitrypsin bronchiectasis 4147t COPD investigations 4118 COPD management 4132 cystic fibrosis management 4160–61 normal blood values 6586t  $\alpha$ 1-antitrypsin deficiency 2235, 5670, 5671f bronchiectasis 4144 clinical features 2239 emphysema 2239 liver disease 2239 clinical investigation 2240 COPD 4110 epidemiology 2239 genetic basis 221t genetics 2235, 2236t lung and liver disease 3171 management 2240 future work 2241 molecular basis 2238 liver disease 2236t, 2238f, 2238 lung disease 2239 neonatal cholestasis 3191 prognosis 2240 structure 2235 antituberculous drugs 1142, 1142t, 1143t anti-tumour necrosis- $\alpha$  (TNF $\alpha$ ) drugs Crohn's disease management 2933, 2934 inflammatory bowel disease in pregnancy 2625t psoriatic arthritis management 4452 rheumatoid arthritis management in pregnancy 2662, 2663t ulcerative colitis management 2945, 2946 antivenom therapy see snake bites antiviral agents 686t acute hepatitis B 3112 adverse reactions 702t Bell's (idiopathic facial) palsy management 6124 chronic

hepatitis B management 3116, 3116t human cytomegalovirus infection 749 immune complex-mediated membranoproliferative glomerulonephritis management 4942 influenza virus infection management 732

Index 17 VOLUME 1 pp. 1–1634 VOLUME 2 pp. 1635–3238 VOLUME 3 pp. 3239–5166 VOLUME 4 pp. 5167–6654 liver failure management 3099 mode of action 688, 688t pregnancy 2617 skin disease management 5770 Antley–Bixler syndrome 2371 anuria 4770 anxiety/anxiety disorders 6501 aetiology 6502 constipation/faecal incontinence 595 medical conditions 6503t assessment 6448, 6449b, 6503 detection 6502t, 6503 diagnosis 6504 clinical features 6502, 6502t differential diagnosis 6503, 6503t, 6504t epidemiology 6502 management 6504 pharmacotherapy 6504, 6505t psychological managements 6505 selective serotonin- noradrenaline reuptake inhibitors 6470 specialized management referral 6505, 6505t medically unexplained symptoms vs. 6461 Parkinson's disease 610 self-harm 6457 signs 6449 specific disorders 6502 see also generalized anxiety disorder (GAD); obsessive- compulsive disorder (OCD); panic disorder; phobia; social anxiety disorder (social phobia) symptoms 6448 urinary incontinence 593t aortic aneurysms cardiovascular syphilis 3540 diagnosis 4407 preventative medicine 133t aortic dissection acute 3675f, 3675 blood pressure management 3809 chest pain 3279b, 3279 diagnosis 3837t differential diagnosis, STEMI 3646 aortic regurgitation 3451 acute aortic syndrome 3677 aortic sclerosis vs. 3450 cardiovascular syphilis 3539, 3540f, 3540 causes 3451, 3451t clinical presentation 3452 physical examination 3452 symptoms 3452 differential diagnosis 3454 investigations 3452 cardiac catheterization 3454 chest radiography 3452, 3453f ECG 3452 echocardiography 3453f, 3453 management 3454 medical management 3454 surgery 3454 pathophysiology and complications 3451 pregnancy 2603 transthoracic echocardiography 3316f, 3317 aortic stenosis 3447 acute rheumatic fever 3512 causes 3447 chronic heart failure risk factor 3412t clinical presentation 3448 physical examination 3448 symptoms 3448 differential diagnosis 3450 investigations 3448 cardiac catheterization 3450 chest radiography 3448 ECG 3448 echocardiography 3448, 3449f management 3450 medical management 3450 PCI 3663 surgery 3450 pathophysiology and complications 3447 coronary circulation 3448 left ventricular response 3447 PCI 3664f pregnancy 2602 transthoracic echocardiography 3316, 3317f aortic valve disease 3447 aortic regurgitation see aortic regurgitation aortic stenosis see aortic stenosis endocarditis 3520–21 investigations of valve stenosis 3455 mitral regurgitation vs. 3445 mixed aortic disease 3455 pathophysiology and complications 3455 right ventricular response 3455 repair/replacement 3451 acute aortic syndrome 3675f aortic stenosis 3451 medication in pregnancy 2710 right heart valve disease 3455 AOST see adult-onset Still's disease (AOST) APCs see antigen-presenting cells (APCs) aphasia 5824 anomia (naming) 5824 comprehension 5824 fluency 5824 frontotemporal dementia 5845 paraphasic errors 5824 repetition 5824 semantic 5825 syndromes 5824 Broca's aphasia 5824 conduction aphasia 5825 degenerative dementias 5825 global aphasia 5825 Wernicke's aphasia 5824, 5825 apixaban 3732 ACS management 3638 acute pulmonary embolism management 3727 peptic ulcer disease recurrence problem 2859 aplastic anaemia 5336, 5337 acquired see acquired aplastic anaemia definition 5337, 5338t, 5339t hereditary spherocytosis 5459 inherited 5346 pregnancy 2691 apocrine gland disorders see sweat gland disorders apolipoprotein(s) 2063, 2063t apolipoprotein A-I/A-II, amyloid fibrils 2227 apolipoprotein B (apoB) 2064, 3597 apomorphine, Parkinson's disease management 5953 apoptosis 266, 267f activation of 270 death-signalling receptors 270, 271b, 271f mitochondrial signals 271, 272f, 273f autoimmunity 381 cell recognition 276f, 276 cell stress 273 DNA damage response 273b, 274 heat-shock response 274 metabolic response 274 stress-activated kinase receptor 274 unfolded protein response 274 definition 266

disease and 277 cardiovascular disease 278 CNS degeneration 279 immune disorders 277 infections 278 tumour biology 279 inflammation inhibition 267 radiotherapy 499 structural changes 266, 268f systemic lupus erythematosus pathology 4502 see also caspases apparent mineralocorticoid excess (AME) 3797f, 3798 hypokalaemia causes 4754 appendicitis 1898 acute 2769t acute ileitis vs. 2928 pregnancy 2625 APP gene Alzheimer's disease 5836-38, 6235 Dutch mutation 6235 familial Alzheimer's disease 5836 apraxia 5827 buccofacial apraxia 5829 conceptual 5828 conceptual apraxia 5829 ideomotor (conceptual) apraxia 5828 ideomotor (production) apraxia 5828 limb-kinetic apraxia 5828 production 5828 screening for 5828-29 apremilast 4452, 4583 APS see acute promyelocytic leukaemia (APL) aquatic animal ingestion, animal poisons see animal poisons/toxins aquatic leeches, animal poisons 1814 Araneae see venomous arthropods Archaeobacteria 209 ARC syndrome 3192t, 5122t ARDS see acute respiratory distress syndrome (ARDS) arenaviruses 862 aetiology 863 Argentine haemorrhagic fever see South American haemorrhagic fevers clinical features 865 diagnosis 868 laboratory diagnosis 868, 869t differential diagnosis 868 epidemiology 863 future developments 870 genetics 863 management 864, 865b, 869 pathogenesis 863 pathology 863 prevention 864 ribavirin postexposure prophylaxis 864 rodent control 864 vaccines 865 Whitewater Arroyo-like virus 868 see also Lassa fever; lymphocytic choriomeningitis virus infections ARF see acute respiratory failure (ARF) arginine stimulation tests 2427, 6587t arginine vasopressin (AVP) critical care response 3909 pancreatic neuroendocrine tumours 2455 syndrome of inappropriate antidiuresis 2544 Argyll-Robertson pupil 6122, 6429 Aristichythys nobies 5061 Aristolochia 204 aristolochic acid drug-induced chronic tubulointerstitial nephritis 4959 see also Balkan endemic nephropathy (BEN); Chinese herbal nephropathy poisonous plants 1832 Armillifer infections 1583f, 1583, 1584f Arnold-Chiari malformation 5998 aromatase inhibitors adverse reactions, drug-induced tendinopathies 4609 cancer chemotherapy 501 metastatic breast cancer 507 aromatherapy 202t arrested puberty 2434 arrhythmogenic right ventricular cardiomyopathy 3388, 3484, 3569, 3569t causes 3484 clinical features 3484 definition 3484

18 Index VOLUME 1 pp. 1-1634 VOLUME 2 pp. 1635-3238 VOLUME 3 pp. 3239-5166 VOLUME 4 pp. 5167-6654 dilated cardiomyopathy overlap 3484 investigation 3484, 3485t cardiac MRI 3486, 3487f ECG 3486f, 3486 echocardiography 3486 endomyocardial biopsy 3487 exercise testing 3486 management 3487 pathology and pathophysiology 3484 arsenic cancer aetiology 421t, 422t defective red cell maturation 5455 neuropathies 6188 normal blood values 6586t poisoning 1752 squamous cell carcinoma 435 arsenic trioxide 112, 113f acute promyelocytic leukaemia management 112 commercial development 114 mechanism of action 112 arsine, poisoning 1763 artemisin 110, 1410t discovery of 110 history of 110, 111f arterial blood gases 3955, 3962 acid-base balance 3964, 3964t, 3965f acute pulmonary embolism 3724 acute respiratory failure 3869b, 3869, 3870t anatomical shunt estimation 3964 COPD 4117 COPD investigations 4118 haemoglobin-oxygen dissociation curves 3963f, 3963 metabolic acidosis 3964t, 3965, 3965t metabolic alkalosis 3964t, 3965, 3965t Pneumocystis jiroveci pneumonia investigation 1372 practical procedures 6649, 6649t respiratory acidosis 3964, 3964t, 3965t respiratory alkalosis 3964, 3964t, 3965t respiratory failure 3964 scoliosis 4331 severe asthma attacks 4094 strong ion approach 3966 ventilation-perfusion mismatching 3963, 3963t arterial cannulation, procedure 6644, 6646 arterial occlusive disease 6012 acute kidney injury cause 4825 arterial oxygen saturation (SaO<sub>2</sub>), acute respiratory failure 3870 arterial partial pressure of carbon dioxide (PaCO<sub>2</sub>) 3962 normal blood values 6583t pregnancy 2613 arterial partial pressure of oxygen (PaO<sub>2</sub>) 3962 diffuse parenchymal lung diseases 4173 normal blood values 6583t pregnancy 2613 Arterial

Revascularization Trial (ART) 3667 arteriovenous fistulae 5714 haemodialysis vascular access 4866 arteriovenous malformations (AVMs) 6362 pregnancy 2646 arteritis giant cell arteritis 4548 retina 6401t arthralgia cryoglobulinaemic vasculitis 4576 immune complexes in endocarditis 3522 rubella in pregnancy 2679 systemic lupus erythematosus 4505 arthritis acute rheumatic fever 3512 adult haemochromatosis 2107f, 2107 bacterial infections see septic arthritis Behçet's syndrome 4581 Chlamydia pneumoniae infection 1293 Chlamydia trachomatis infection 1285 coeliac disease 4454 C-reactive protein 2202-3 immune complexes, Neisseria meningitidis infection 1021 inflammatory bowel disease and 4452 Mycoplasma infections 1303 Neisseria meningitidis infection 1021 psoriatic see psoriatic arthritis reactive see reactive arthritis rheumatoid see rheumatoid arthritis (RA) rubella in pregnancy 2679 septic see septic arthritis synovial membrane 4384f urinary incontinence 593t viral infections 4461 aetiology 4461, 4461t clinical features 4461 investigations 4462 management 4463 pathogenesis 4461, 4461t arthropathies collagenous colitis and 4454 crystal-related see crystal-related arthropathies hereditary haemochromatosis 2111 intestinal bypass surgery and 4454 psoriatic arthritis 4451 ulcerative colitis 2944 artificial nutrition support 1914, 1915f complications 1918, 1919t cost-effectiveness 1924 ethics of 1922 future development 1924 hospital support team 1924 indications for 1916, 1916t burns 1923 critical illness 1923 gastrointestinal disease 1924 liver disease 1923 renal disease 1923 intestinal transplantation 1922f, 1922 long-term artificial nutrition support 1922 palliative care 1924 perioperative nutrition 1924 requirement estimation 1917 carbohydrates 1918 electrolytes 1917, 1917t energy 1917 fluid 1917 lipids 1918 minerals and trace elements 1918 protein 1917, 1918f vitamins 1918 screening/assessment 1914 body mass index 1916 examination 1916 history 1915 sepsis 1923 trauma 1923 see also enteral nutrition; parenteral feeding ASA see American Society of Anesthesiologists (ASA) asbestos amosite (brown asbestos) 4225 cancer aetiology 422t crocidolite (blue asbestos) 4225 fibre structure 4224f, 4224 lung cancer aetiology 432 macroscopic appearance 4225f, 4225 mesothelioma (of pleura/ peritoneum) epidemiology 433 microscopic 4225f, 4225 pleural mesothelioma 4362 tobacco and 424 asbestosis 4224 aetiology and pathology 4225 clinical features 4222f, 4226, 4227f differential diagnosis 4226 investigations 4227 prevention and management 4227 prognosis 4227 asbestos-related pleural disease, benign 4319 clinical features 4320 diffuse pleural thickening 4320 pleural effusion 4320 pleural plaques 4320f, 4320 rounded atelectasis 4321f, 4321 pathogenesis 4319, 4320f ascariasis (*Ascaris lumbricoides* infection) 1507 acute eosinophilic pneumonia (Löffler's syndrome, simple pulmonary eosinophilia) 4239 acute pancreatitis 3213 clinical features 1508f, 1508 diagnosis 1508f, 1508 epidemiology 1507 gastrointestinal system 3010t life cycle 1507f, 1507, 1508f management 1508 transmission 3015t ascites 3058 aetiology 3058, 3061t amylase 3061 clinical features 3060f, 3060 complications 3065 hepatorenal syndrome 3067 hypercatabolic state 3067 paraumbilical hernia 3067 pleural effusion 3067 respiratory disease 3067 see also spontaneous bacterial peritonitis (SBP) drug prescribing 3067 fertility issues 3067 future work 3067 historical aspects 3058 investigations 3056t jaundice 3053-54, 3055, 3056t laboratory diagnosis 3060 cell count 3061 cytology 3061 fluid culture 3061 fluid investigations 3061, 3061t paracentesis 3061 volume measures 3061 management 3062b, 3062 bed rest 3062 colloid replacement 3063 dietary salt restriction 3062 diuretics 3062 intravenous albumin infusion 3064 therapeutic paracentesis 3063 water restriction 3062 pathogenesis 3059f, 3059, 3060f renal dysfunction 3059 portal hypertension 3069 prognosis 3064 protein concentration 3061, 3061t refractory ascites management 3064 shunts 3064 ascorbic acid see vitamin C (ascorbic acid) Ashkenazi Jews Canavan's disease 6218 cystic fibrosis epidemiology 4154 familial Mediterranean fever 2211 Gaucher's disease type I 6227 glycogen storage disease type IV (adult polyglucosan body storage disease) 6221 GM2

gangliosidosis 6225 lysosomal storage disorders 6222–24 Riley-Day syndrome (familial dysautonomia) 6160–61 Tay-Sachs disease 2133 Asia breast cancer epidemiology 435–36 colonic diverticular disease 2960 diffuse panbronchiolitis 4190 fibre and cancer aetiology 423 iodine deficiency disorders 1874 large bowel cancer 429 oesophageal cancer 427 oral cancer 426 prostate cancer epidemiology 438 rhabdovirus reservoir species 808 smoking 4339–40 ASOs see antisense oligonucleotides (ASOs)

Index 19 VOLUME 1 pp. 1–1634 VOLUME 2 pp. 1635–3238 VOLUME 3 pp. 3239–5166 VOLUME 4 pp. 5167–6654 aspartate transferase (AST) acute hepatitis 3111 alcohol abuse 6526 alcoholic liver disease 3144–45 autoimmune hepatitis 3122 inflammatory myopathies 4542 liver disease in pregnancy 2620 nitrogen disposal 1848 prehepatic jaundice 3051 aspartylglucosaminuria 6205t, 6231 aspergillosis 1354, 1534b cystic fibrosis respiratory management 4159 HIV/AIDS 4036 liver disease 3175 post-lung transplantation 4297, 4298f renal transplant immunosuppression 4894 severe/difficult-to-treat asthma 4092 skin testing, bronchiectasis 4147t Aspergillus infections aflatoxin poisoning 1820 allergic bronchopulmonary mycosis 4240 cystic fibrosis 4157, 4159 HIV/AIDS 3535 keratitis 6423 liver cancer 419 aspiration pneumonia 4021 polymyositis/ dermatomyositis 4193 pregnancy 2616 aspirin ACS management 3634 acute cerebral infarction management 6018 acute myocardial infarction management, clinical trials see International Study of Infant Survival 2 (ISIS-2) acute rheumatic fever management 3516 adverse reactions asthma 4072, 4073, 4074t, 4275 antiphospholipid syndrome management in pregnancy 2659 chronic heart failure management 3417 CKD in pregnancy 2594t diabetic nephropathy management 4984 essential thrombocythaemia management 5244 giant cell arteritis management 4550 hypertension risk management 3775 ischaemic stroke prevention 6019 leg ischaemia management 3684 metabolism 1745f migraine management 5994 peptic ulcer disease 2851 pharyngitis/tonsillitis management 4006 polycythaemia vera management 5237–38 pre-eclampsia management 2586 preventative medicine 133t renal disease, effects of 5159t stable angina prevention 3623 STEMI management 3647 systemic lupus erythematosus management 4510 ASPRE study 2586 ASSERT trial 3371 Assessment of SpondyloArthritis Society (ASAS) 4464–65 Association of British Neurologists 6036 Association of the British Pharmaceutical Industry 165 astemizole acquired long-QT syndrome 251 allergic rhinitis management 4065 asthenozoospermia 2401 asthma 4067, 4069f acute attacks 4093 management 4094b, 4094 moderate 4093 severe 4093, 4094b acute presentation 6606 acute respiratory failure 3869 airway obstruction mechanisms 3943 allergy 371 breathlessness 3948 bronchoscopy 4000f, 4001 carbon monoxide diffusing capacity 3963t clinical features 4075 signs 4076 symptoms 4075 COPD 4102 cough 3949 diagnosis 3837t, 4076 airflow limitation 4076 airway hyperreactivity measures 4077 airway inflammation 4077 imaging 4078 reversibility and variability 4076, 4077f differential diagnosis 4080 COPD 4122, 4122t exercise-induced breathlessness 4080 generalized airways obstruction 4080 hyperventilation 4080 localized airways obstruction 4080 vocal cord dysfunction 4080 drug-induced 89, 90, 4273, 4274t anaphylaxis 4274 aspirin 4275  $\beta$ -adrenergic antagonists 4274 cholinergic drugs 4274 drug formulations 4275 drug masking 4275 nonsteroidal anti-inflammatory drugs 4275 drug management 4083 anti-IgE management 4089 antileukotrienes 4088 antimicrobial therapy 4089  $\beta$ 2-adrenoceptor agonists 4083, 4084t, 4086 bronchial thermoplasty 4089 corticosteroids 4084 future therapies 4089 immunosuppressive management 4089 long-acting muscarinic antagonists 4087 methylxanthines 4087, 4088t stepped approach 4083, 4084t epidemiology 4068 childhood microbial exposure 4069 geographical variations 4069 prevalence 4069 HIV/AIDS 4038 inducers/provokers 4070, 4071t, 4072f atopy and allergy 4071 drugs 4073 obesity 4073 occupation

4073 see also occupational asthma pollution 4072 psychological factors 4073 respiratory virus infections 4071 smoking 4072 management 4081, 4082f, 4082 allergen avoidance 4082 immunotherapy 4083 management selection 4081 patient education 4082b, 4082 pathophysiology 4070 biomarkers 4070 phenotype 4070 pregnancy 2616 prognosis 4075 children 4075 wheezing 4075 severe/difficult-to-treat 4091 assessment 4091b Asthma Control questionnaire 4091 Asthma Control Test 4092 features 4091b management 4092 symptoms, breathlessness (dyspnoea) 3281 Asthma Control questionnaire, severe/difficult-to-treat asthma 4091 Asthma Control Test, severe/difficult- to-treat asthma 4092 ASTRAL trials 3788 astrocytoma 440 astrovirus infection 801f, 801 gastroenteritis 803 gastrointestinal system 3010t, 3012 transmission 3014t asymmetric dimethylarginine (ADMA) 3270 Asymptomatic Carotid Surgery Trial (ACST-1) 56, 57f atacicept 101t ataxia 5976 autosomal dominant cerebellar ataxias 5983t, 5984, 5985f autosomal recessive disease 5983 defective DNA repair 5982t, 5984 Friedreich's ataxia 5982t, 5983 oculomotor apraxia and 5982t, 5984 cerebellar disease 5977 eye movements 5979 gait 5977 limb ataxia 5978 muscle tone 5978 posture 5977 speech 5978 tremor 5978 cerebellum disorders 5979 acute/subacute onset 5979 chronic progressive course 5981 developmental disorders 5979, 5980t episodic course 5980, 5983t vascular disorders 5980 coeliac disease 2887 differential diagnosis 5978t hemiparesis 6017-18 idiopathic degenerative late-onset ataxia (ILOCA) 5985 investigations 5979 anatomy quantification 5979 genetics 5979, 5982t, 5983t imaging 5979 lysosomal disease 2131 management 6387t multiple sclerosis 6032 myoclonus with see myoclonus progressive metabolic ataxias 5982 degenerative disorders 5982, 5982t, 5983t endocrine disorders 5982 metabolic disorders 5982 spinal cord disorders 6130 symptoms 5977, 5978t dysarthria 5977 gait disturbances 5977 limb coordination 5977 ocular motor symptoms 5977 tremor 5977 visual symptoms 5977 vitamin E deficiency (AVED) 1861, 6263 Whipple's disease 2910 ataxia neuropathy spectrum (ANS) 6263, 6345t ataxia-oculomotor apraxias 6262, 6263 ataxia telangiectasia (AT) 221t, 458t, 466, 5717, 5984, 6209 ATM gene mutations 466 cancer 420 cancer susceptibility 415 clinical features 6209 gastrointestinal manifestations 2788t immunodeficiencies 356 investigations 6209 management 6209 atenolol hypertension management 3766t malignant hypertension management 3805 renal disease, effects of 5155 atezolizumab 508 ATG see antithymocyte/ antilymphocyte globulin (ATG/ALG) atherectomy see percutaneous coronary intervention (PCI) atheroma diabetes 2523

20 Index VOLUME 1 pp. 1-1634 VOLUME 2 pp. 1635-3238 VOLUME 3 pp. 3239-5166 VOLUME 4 pp. 5167-6654 essential hypertension pathophysiology 3749 metabolic syndrome (syndrome X) 2475 see also atherosclerosis atherosclerosis 3596 accelerated renal transplant complications 4900, 4900t rheumatoid arthritis complications 4439 acute coronary syndromes 3600 plaque rupture/erosion 3600 vulnerable plaques 3601 atherosclerotic plaques 3599 arterial wall remodelling 3600 cell death 3599 disease progression 3600 neovascularization 3600 plaque calcification 3600 cardiovascular disease assessment for 2089 cholesterol and 2056 epidemiology 2056, 2057f familial hypercholesterolaemia 2079 hypertriglyceridaemia 2094 LDL-cholesterol 2089-90 Chlamydia pneumoniae infection 1293 extracellular matrix 3599 hypertension and 3749 initiation 3597 leucocyte recruitment 3597, 3598f management 5712 progression 3598 regression 3601, 3602f clinical studies 3601 smooth muscle cells 3599 systemic lupus erythematosus in pregnancy 2656 atherosclerotic renovascular disease (ARVD) 5044 cardiorenal syndrome 3423 clinical features 5045, 5046f clinical investigations 5045 epidemiology 5045 future development 5048 management 5045 prognosis 5048 atherothrombosis 6012-13 Athlete Biological Passport 6572 athletes see sport and exercise medicine ATLAS 2 study

3638 atmospheric ozone, aviation medicine 1658 atmospheric pollution see air (atmospheric) pollution atopic dermatitis 5633 allergen avoidance 5635 allergy and 5634 clinical features 5631f, 5633 definitions 5633 distribution on body 5599f incidence 5633 management 5635b, 5635 allergen avoidance 5635 infections 5635 itch 5635 skin inflammation 5635b, 5635 microbes 5635 natural history 5633 pathogenesis 5633 prevalence 5633 sites 5597, 5598f see also eczema atopic eruption of pregnancy 2651f, 2651, 2651t, 2652t ATP energy production in muscle 6307 mitochondria 211 synthesis 1839 ATP7B gene Menkes' disease 2120 Wilson's disease 2115, 2118, 3195, 5963, 6248 ATP-binding cassette (ABC) transporters drug-induced liver injury 3157 drug tissue distribution 80 ATP-sensitive K<sup>+</sup> (KATP) channel insulin secretory disease 254 neonatal diabetes 255 Atractaspidinae (family Lamiprothilidae) 1782f, 1782, 1788 atrial arrangement, congenital heart disease 3561, 3563t atrial fibrillation 3367 aetiology 3368b, 3368 cardiac surgery complications 3672 chronic heart failure and 3418 chronic heart failure risk factor 3412t classification 3368b, 3368 diagnosis 3368f, 3368 dilated cardiomyopathy 3479 emergency presentation 3369b, 3369 malignant hypertension 3804 management 3368 anticoagulants 3733 digoxin 77-78 mechanisms 3367 mitral stenosis complications 3438, 3441 palpitation 3292 paroxysmal atrial fibrillation 3370f permanent atrial fibrillation 3370 persistent atrial fibrillation 3369 pre-excited atrial fibrillation 3380f, 3380 presentation 3368 stroke prevention 3371t, 3373f, 3374, 3375t, 3376f thromboembolism prevention 3370 oral anticoagulants 3370 transthoracic echocardiography 3320f, 3320 atrial flutter cardiac arrhythmias 3368b, 3375, 3377f complete transposition of the great arteries 3582 atrial hypertrophy, ECG 3301 atrial infarction 3307 atrial natriuretic peptide (ANP) 3270 AKI in pregnancy 2589 hypertension 3748 atrial septal defects (ASDs) 3570 clinical signs 3571 heart disease interactions 3571 pulmonary vascular disease 3565t, 3571 investigations 3572 management 3572 types 3570f, 3570 coronary sinus defect 3572 ostium primum atrial septal defect 3572 ostium secundum 3571 patent foramen ovale 3570 sinus venosus atrial septal defect 3572 atrial septostomy 3706 atrioventricular block 3308 aetiology 3355, 3356b myocardial infarction 3355, 3356f first-degree 3355, 3356f second-degree 3355-56, 3356f third-degree 3355, 3356f, 3357f atrioventricular (AV) node 3264, 3265f conduction disorders, bradycardias 3354 congenital heart disease 3562f, 3562 metabolism 3268 myocytes 3257-59 re-entry tachycardia 3377, 3378f, 3379f atrioventricular septal defects (AVSD) 3574, 3575f clinical presentation 3575 complete 3575 investigation 3575 partial 3575 atrophic vaginitis 1605 management, UTI prevention 5085 atropine anaphylaxis management 3856 bradycardia management 3353-54 ATTITUDE trial 3768 atypical haemolytic uraemic syndrome (aHUS) 321 diagnosis 5031 genetics 5029, 5030t management 5031 noninherited type 5030 pathogenesis 4991b, 4992f, 4995b, 5028 renal transplantation 5032 atypical mycobacterial infection diagnosis 4029 management 4030, 4030t atypical neuroaxonal dystrophy (atypical NAD) 6253 auditory system 5931, 5932f higher brain function 5823 rehabilitation 5935 see also hearing disorders auscultation aortic regurgitation 3452 aortic stenosis 3448 respiratory disease see respiratory disease, clinical examination Australia multiple sclerosis 6030 stomach cancer 428 tobacco as cancer cause 417t Australia and New Zealand Dialysis and Transplant Registry 4834 Australian bat lyssavirus 819f, 819 autism macrocephaly 6356 measles persistent infection 781 autoantibodies 380 ANCA-associated vasculitis 4557f antiglomerular basement membrane disease 4943, 4944f autoimmune diseases 389t autoimmune encephalitis 6483, 6483t autoimmune hepatitis 3122-23, 3124f, 3124t autoimmune rheumatic disorders 4497 blood transfusions 5568 bronchiectasis 4147t congenital noninflammatory diarrhoea 2974 dermatomyositis 5661 diffuse parenchymal lung diseases 4173 inflammatory myopathies 4542, 4543t rheumatoid arthritis 4424-25, 4432 rheumatological diseases 4403 systemic lupus erythematosus 4501t, 4508 systemic lupus

erythematosus pathology 4501, 4501t, 4502 autoimmune acquired hypoparathyroidism 2315t, 2316f, 2329 autoimmune bullous disease 5612 differential diagnosis 5614t intraepidermal diseases 5613t, 5617f, 5617 paraneoplastic pemphigus 5613t, 5619 pemphigus foliaceus 5613t, 5619 pemphigus vulgaris 5613t, 5617, 5618f pregnancy 2654 subepidermal diseases 5612, 5613t, 5614f bullous pemphigoid 5612, 5613t, 5615f dermatitis herpetiformis 5613t, 5616f, 5616 epidermolysis bullosa acquisita 5613t, 5616 linear IgA disease 5613t, 5615f, 5616 mucous membrane pemphigoid 5613t, 5614, 5615f autoimmune diseases/disorders 379 aetiology 380 environmental factors 382 genetics 380 B-lymphocyte stimulator 104 chorea 5959 clinical features 388, 389t, 390t coeliac disease and 2891

Index 21 VOLUME 1 pp. 1-1634 VOLUME 2 pp. 1635-3238 VOLUME 3 pp. 3239-5166 VOLUME 4 pp. 5167-6654 complement impaired activation 319 diabetes mellitus type 1 as 2477 distal renal tubular acidosis type 1 2191 encephalopathy with NMDAR antibodies 6395 epidemiology 380 Epstein-Barr virus infection 763 evolutionary aetiology 40-41 gastrointestinal dysmotility 2794 gastrointestinal tract see gastrointestinal tract heart muscle disease 3490 hepatitis see autoimmune hepatitis hypocalcaemic hypercalcaemia (AHH) 2325 insulin syndrome (IAS: Hirata's disease) 2539 management 390 lost function replacement 391 pathway control 391 organic psychoses 6483, 6483t pathogenesis 382 amplification principles 388 autoantigens 388 central tolerance 382 disease-specific autoantigens 388 effector mechanisms 387 mechanisms 383 peripheral tolerance 382 pericarditis 3502 premature ovarian insufficiency 2379 prognosis 390 retroperitoneal fibrosis 5131-32 rheumatoid arthritis complications 4439 systemic gastrointestinal tract 2795, 2795t immune complex-mediated membranoproliferative glomerulonephritis 4937-38 autoimmune encephalitis 6483 autoantibodies 6483, 6483t disease associations 6483, 6483t autoimmune haemolytic anaemias 389t, 5480, 5481t cold autoimmune haemolytic anaemia 5482f, 5482 drug-induced 5483 management 4510 mixed-type autoimmune haemolytic anaemia 5483 paroxysmal cold haemoglobinuria 5481 ulcerative colitis 2945 warm autoimmune haemolytic anaemia 5481f, 5481 autoimmune hepatitis 389t, 3119, 3173, 3176 aetiology and pathogenesis 3120 environmental factors 3120 genetics 3120 immunology 3120 childhood liver disease 3194f, 3194 clinical features 3121, 3122t cross-over syndromes 3126 diagnosis 3123t differential diagnosis 3122, 3122t, 3123b epidemiology 3120 hepatitis vs. 3111 inactive disease 3126 inflammatory bowel disease 3172 investigations 3122, 3124f, 3124t jaundice 3054 liver transplantation 3105 recurrence after 3106t malabsorption 2877 management 3123 liver transplantation 3123 pharmacology 3123, 3125f older children 3194 pathology 3121f, 3121 physical examination 3122 pregnancy 3126 prognosis 3126 liver transplantation 3126 type 1 3121, 3121t type 2 3121, 3121t autoimmune hypothyroidism 2292 clinical features 2292 disease associations 2293 autoimmune limbic encephalitis with VGKC-complex antibodies 6393 clinical features 6393 differential diagnosis 6394, 6395t epidemiology 6393 investigations 6393, 6394f management 6394 pathogenesis 6394 autoimmune lymphoproliferative syndrome (ALPS) 361 autoimmune neutropenia hypersplenism 5193 pregnancy 2694 autoimmune pancreatitis 2794 acute pancreatitis 3212 chronic pancreatitis vs. 3221 autoimmune polyendocrine syndrome type I 381 eye diseases/disorders 6434 autoimmune polyendocrinopathy- candidiasis- ectodermal dystrophy (APECED) 2329, 2477 autoimmune polyglandular syndrome type 2 2293 autoimmune pulmonary alveolar proteinosis 4259 autoimmune retinopathy (AIO) 6425 autoimmune rheumatic disorders 4387t, 4390f, 4390t, 4391, 4391t, 4495 clinical features 4498 clinical spectrum 4496, 4497t definition 4495, 4496t epidemiology 4495, 4496t heart muscle disease 3491, 3491t immunopathogenesis 4497 lung involvement 4191 ankylosing spondylitis 4197 lymphoid follicles

4191-92, 4192f mixed connective tissue disease 4197 pleural thickening 4191-92, 4192f polymyositis/ dermatomyositis 4193 relapsing polychondritis 4196 rheumatoid arthritis 4194 Sjögren's syndrome 4195 systemic lupus erythematosus 4196 systemic sclerosis 4192 undifferentiated connective tissue disease 4197 autoimmune sclerosing cholangitis 3126 autoimmune thyroid disease, coeliac disease 2887, 2888 autoinduction 87 autoinflammation and PLC $\gamma$ 2- associated antibody deficiency and immune dysregulation (APLAID) 2208t, 2215 autologous haematopoietic stem cell transplantation 5579, 5587 MALT lymphoma management 2901 metachromatic leucodystrophy management 6213 multiple sclerosis management 6037 plasma cell myeloma management 5313f, 5316 renal disease in myeloma 5020 Autologous Stem Cell Transplantation International Scleroderma (ASTIS) study 4519 autonomic nervous system (ANS) insulin secretion effects 2470 pulmonary vasomotor tone regulation 3693-94 terminals at target organs 6151, 6152f autonomic nervous system disorders 6150, 6151f classification 6151, 6153b clinical features 6151, 6154b, 6155f, 6156t investigations 6154f, 6154, 6156b management 6154b, 6157b, 6157, 6158t multiple sclerosis 6031 primary autonomic failure 6158 acute/subacute dysautonomias 6160 chronic autonomic failure 6158, 6160f principles 6150 secondary disorders 6160 amyloid neuropathy 6161 autonomic (neurally) mediated syncope 6161, 6163f, 6164f diabetes mellitus 6151, 6161 dopamine  $\beta$ -hydroxylase deficiency 6152f, 6161 drugs 6153b, 6161 initial orthostatic hypotension 6155f, 6165 intermittent autonomic dysfunction 6153b, 6161 postural tachycardia syndrome 6164f, 6164 primary (essential) hyperhidrosis 6165 Riley-Day syndrome (familial dysautonomia) 6160 spinal cord injury 6161, 6162f autonomic neuropathy 6371 diabetic neuropathy 2519 autophagic pathway caspases 267-68 lysosomal hydrolases 213-14 lysosomes 2122 autopsy see post-mortem examination autosomal Alport's syndrome 5069 autosomal dominant cerebellar ataxias 5983t, 5984, 5985f autosomal dominant Charcot-Marie-Tooth disease see Charcot-Marie-Tooth (CMT) disease autosomal dominant hypercholesterolaemia 2080 autosomal dominant hyper IgE syndrome 357 autosomal dominant hypocalcaemia 2315t, 2316f, 2327 autosomal dominant hypophosphataemic rickets (ADHR) 5114, 5115t autosomal dominant ichthyosis 5606 autosomal dominant isolated renal hypomagnesaemia 5118t, 5119 autosomal dominant limb- girdle muscular dystrophies 6321b, 6322 autosomal dominant nocturnal frontal lobe epilepsy 6242 autosomal dominant partial epilepsy with auditory features (ADPEAF) 6242 autosomal dominant polycystic kidney disease (ADPKD) 5065 diagnosis 5065 at-risk subjects 5065 exclusion diagnosis 5066 family history absence 5066f, 5066, 5066t ultrasound 5066f, 5066 genetic counselling 5068 management 5067, 5068 pathogenesis 5067 pregnancy 2595 symptoms 5066 external manifestations 5067 renal manifestations 5066 UTI 5087 autosomal dominant renal hypomagnesaemia 5118t, 5119 autosomal dominant tubulointerstitial kidney disease (ADTKD) 2021 autosomal recessive ataxia (ARSACS) 5984, 5985f autosomal recessive hypercholesterolaemia (ARH) 2063f, 2080 autosomal recessive hypophosphataemic rickets (ARHR) 5114, 5115t

22 Index VOLUME 1 pp. 1-1634 VOLUME 2 pp. 1635-3238 VOLUME 3 pp. 3239-5166 VOLUME 4 pp. 5167-6654 autosomal recessive inheritance, Mendelian inheritance 220 autosomal recessive polycystic kidney disease 5068 autosomal recessive spastic ataxia of Charlevoix-Saguenay (ARSACS) 6262 aviation medicine 1656 clinical aspects 1662 fitness to fly 1663 infectious disease spread 1663 jet lag 1662 newly emerging infectious diseases 1664 traveller's thrombosis 1663 cyanotic heart disease 3565 flight physiology 1658 altitude-induced decompression illness 1662 hypoxia 1658, 1659f, 1660f oxygen equipment 1660 pressure cabins 1660, 1661f pressure change

mechanical effects 1661f, 1661 oxygen equipment 1660 oxygen management in COPD management 4135 physics of the flight environment 1657f, 1657 atmospheric ozone 1658 atmospheric pressure 1657, 1658f atmospheric temperature 1658 cosmic radiation 1658 pneumothorax 4325 pressure cabins 1660, 1661f pressure change mechanical effects 1661f travel and expedition medicine 714 AVMs see arteriovenous malformations (AVMs) axillary nerve (C5, C6), neuropathies 6182 axis, 12-lead ECG reading 3298f, 3298, 3299f axitinib 485 primary thyroid epithelial tumour management 2308 axonal polyneuropathy chronic idiopathic 6195 nerve conduction studies 5799f, 5799, 5800f Ayurvedic medicine 108, 109b azathioprine acute pancreatitis 3211 adverse reactions 404t, 4890, 4891t cancer aetiology 421t drug-induced liver injury 3156 nodular regenerative hyperplasia 3164 antiphospholipid syndrome management in pregnancy 2660 arthritis and inflammatory bowel disease 4453 autoimmune hepatitis management 3123 Behçet's syndrome management 4583 CKD in pregnancy 2594t Crohn's disease management 2932, 2933 cryptogenic organizing pneumonia management 4189 dermatomyositis management 5661-62 drug-induced alveolar disease 4278 immunoglobulin A nephropathy management 4915-16 interstitial nephritis with granuloma in sarcoidosis 5015 Lambert-Eaton myasthenic syndrome management 6301 liver transplantation 3103-4 mucous membrane pemphigoid management 2819 multiple sclerosis management, pregnancy in 2645t myasthenia gravis in pregnancy 6300 non proliferative lupus nephritis class V management 5004 ocular symptoms in myasthenia gravis management 6299 oral lichen planus management 2818 pemphigus vulgaris management 5618 polyarteritis nodosa management 4573 polymyalgia rheumatica management 4588 post-lung transplantation 4299 primary biliary cholangitis management 3134t recurrent aphthous stomatitis management 2816 renal disease, effects of 5153 rheumatoid arthritis management in pregnancy 2664t SAPHO syndrome 4454 sarcoidosis management 4216, 4216t, 4217, 5745, 6382 skin disease management 5768 systemic lupus erythematosus management 4511 systemic vasculitis maintenance management 4996 transplant immunosuppression 402 azithromycin bronchiectasis management 4148-49 bronchiolitis obliterans syndrome management 4301-2 chlamydia in pregnancy 2683 COPD management 4130-31 renal disease, effects of 5163t scrub typhus management 1255 urethritis 1608 azoospermia 2401 cystic fibrosis 4156, 4163 B cell(s) activation, transplantation 397f, 397 antigen presentation 327f, 333 antigen receptors 5264 antigen recognition 328f, 328 clonal proliferation 333f, 333 development 331 diversity generation 329f, 329, 330t functions of 333 memory 334 priming 333f, 333 progenitors 5265-66 stimulator protein 241 stimulators 104 tolerance mechanisms 334, 383 transplantation 397f, 400 B-cell diseases/disorders ANCA-associated vasculitis 4560 atherosclerosis 3599 inflammatory disease-like immunopathology 2788t inflammatory myopathies 4538-39 lymphopenia 358 rheumatoid arthritis 4424 synovial membrane 4385 systemic lupus erythematosus pathology 4501 ulcerative colitis 2939 B-cell malignancies Gaucher's disease type 1 2142 lymphoma cutaneous lymphoma 5740 renal disease in 5025 non-Hodgkin's lymphoma 4428-30 B cell receptor (BCR) 328 B7.1 (CD80) 474 B7.2 (CD86) 474 Babesia divergens infection 1415, 1416f Babesia microti infection 1415 babesiosis 1414 clinical features 1415 Babesia divergens infection 1415, 1416f Babesia microti infection 1415 diagnosis 1415 epidemiology 1414 management 1415 pathogenesis 1415 prevention 1415 Bacillus anthracis infection see anthrax bacillus Calmette-Guérin (BCG) vaccine non muscle-invasive bladder cancer management 5139 tuberculosis prevention 1149 tuberculous meningitis prognosis 6081 Bacillus cereus infection 1040 gastrointestinal system 3009t, 3011 toxin production 3017 transmission 3014t background activity, EEG 5787f, 5787 back pain 4406 acute abdomen 2765-66 diffuse musculoskeletal pain 4411 regional pain disorders 4411, 4412t warning signs 4386t see also low back pain; neck

pain baclofen glutaric aciduria type I management 1963 multiple sclerosis management 6035 spasticity in spinal cord injury 6144 trigeminal neuralgia management 6123 bacteraemia Bartonella infection 1268 coagulase-negative staphylococci see coagulase-negative staphylococci endocarditis 3521 haemodialysis access 4871 Haemophilus influenzae type b 1069 Pseudomonas aeruginosa infection 1041, 1042f Staphylococcus aureus infection 1002f, 1002, 1003t bacterial infections acute prostatitis 5085 ANCA-associated vasculitis 4559 angiomas Bartonella infection 1267, 1271 HIV/AIDS 918 asymptomatic bacteriuria 5075–76 pregnancy 2577, 2596 screening, preventative medicine in pregnancy 134t UTI 5078 cancer aetiology 419 causative organisms 1307 CNS see bacterial meningitis cranium, imaging 5814 C-reactive protein 2202 destructive thyroiditis 2300 endocarditis, congenital heart disease 3593t, 3594 eye diseases/disorders 6429 gastrointestinal infections 3009t, 3011, 3014t glomerulonephritis see glomerulonephritis (GN) interstitial nephritis 5037 liver disease 3174 liver transplantation complications 3104 osteomyelitis 4692 overgrowth Crohn's disease 2935 diarrhoea 2759t small intestine bacterial overgrowth management 2883 peliosis, Bartonella infection 1268, 1271 pericarditis 3502 pneumonia, HIV/AIDS 911 pneumonitis, HIV/AIDS 4032 pregnancy 2682 renal transplant immunosuppression 4892t, 4894 respiratory tract in cystic fibrosis 4153–54 septic arthritis 4457, 4458 skin see skin infections tropical malabsorption 2922f, 2923

Index 23 VOLUME 1 pp. 1–1634 VOLUME 2 pp. 1635–3238 VOLUME 3 pp. 3239–5166 VOLUME 4 pp. 5167–6654 tropical sprue 2918 vaginosis 1603, 1604 Mycoplasma infections 1304 pelvic inflammatory disease 1622 pregnancy 2682 bacterial meningitis 6060 aetiology 6061 bacterial species 6062t antimicrobial therapy 6070, 6072t, 6073t shunt-associated 6072 clinical features 6066 community-acquired 6066, 6067f CSF shunts 6068 clinical investigations 6068 CSF examination 6068 lumbar puncture 6068 pre-lumbar puncture CT 6068, 6069b, 6069f differential diagnosis 6068 epidemiology 6064 future developments 6081 genetic factors 6081 immunization 6081 new adjunctive therapies 6081 randomized clinical trials 6081 genetics 6062 management 6070 antimicrobial therapy see antimicrobial therapy complications 6075 dexamethasone management 6073 management algorithm 6069b, 6070, 6071f pathogenesis 6062, 6064f pathology 6063 post-traumatic stress see post-traumatic meningitis prevention 6065 chemoprophylaxis 6066, 6073t immunization 6065 prognosis 6075 recurrent 6069 aetiology 6061 tuberculous see tuberculous meningitis (TBM) BAL see bronchoalveolar lavage (BAL) Balamuthia infection 1392f, 1393, 1394f balantidiasis 1447 aetiology 1447f, 1447, 1448f clinical features 1448 epidemiology 1448 gastrointestinal system 3010t laboratory diagnosis 1449 management 1445, 1449 pathogenesis 1448 pathology 1448 prevention 1449 transmission 3015t Bálint's syndrome 5826, 5921 Balkan endemic nephropathy (BEN) 4959, 4961, 5052–53 clinical features 4962 tubular proteinuria 4787 diagnosis 4962 differential diagnosis 4957t epidemiology 4961f, 4961 management 4962 pathogenesis 4961 environmental factors 4961 genetics 4961 pathology 4962 Balo's concentric sclerosis 6039 Baltic myoclonus see Unverricht-Lundberg disease (Baltic myoclonus) Bangladesh health financing and MDG 174, 175f Millennium Development Goals 172 Bannayan-Riley-Ruvalcaba syndrome (BRRS) 6208 Barakat's syndrome 2329 barbiturates folate deficiency 5419 mechanism of action 5871 Bardet-Biedl syndrome 1910t, 5072t, 6358–59 delayed puberty 2433 eye diseases/disorders 6436 male reproductive disorders 2393t bare metal stents 3657, 3658f bariatric surgery 2096 gastrointestinal tract hormones 2869, 2869t obstructive sleep apnoea management 4056 weight control in diabetes management 2490 baricitinib 244 rheumatoid arthritis management 4437 baritosis 4233–34 barium studies Crohn's disease 2753 enema 2748 colon imaging 2755 small bowel imaging 2750 small intestine malrotation with/

without volvulus 2970, 2971f swallow 2748f, 2748 bronchiectasis 4147t extrinsic oesophageal compression 2846 gastro-oesophageal reflux disease 2830 ulcerative colitis 2942f, 2942 Barker hypothesis of the Developmental Origins of Disease 519 Barmah Forest virus 824 barogenic oesophageal rupture (Boerhaave's syndrome) 2846 baroreceptors, systemic arterial blood pressure regulation 3269 baroreflex stimulation, hypertension management 3775 barotrauma of ascent, diving medicine 1668 barotrauma of descent, diving medicine 1667 Barrett's oesophagus see oesophageal columnar metaplasia (Barrett's oesophagus) barrier contraception 1627, 1632f, 2604, 2715 barrier removal, drug compliance improvement 76 Barthel Index 550, 552f, 565 Bartholin cysts 1620f, 1620 Bartholinitis, Chlamydia trachomatis infection 1284 Barth's syndrome 1958 Bartonella infection 1262 aetiology and genetics 1263, 1264f, 1265f clinical features and pathology 1264 bacillary angiomatosis 1267, 1271 bacillary peliosis 1268, 1271 bacteraemia 1268 cat-scratch disease (CSD) 1267f, 1267, 1271 endocarditis 1268, 1271 prolonged fever 1268 trench fever 1266, 1271 diagnosis 1268, 1268t, 1269f culture 1269f, 1269 immunodetection 1269f, 1269 molecular biology 1270 serology 1270f, 1270 specimen collection 1268 endocarditis 3525t epidemiology 1265t, 1267f management 1270 antibiotic susceptibility 1270 prevention 1271 Bartonella bacilliformis infection 1272 aetiology 1272, 1273f clinical features 1275, 1276f, 1277f diagnosis 1273f, 1277 epidemiology 1273, 1274f, 1275f laboratory features 1277 management 1278 pathogenesis 1274, 1275f, 1276f prevention 1278 prognosis 1277 Bartonella henselae infection inflammatory eye disease 6430 Parinaud oculoglandular syndrome 6407-10 Bartter's syndrome 2188, 3799, 4754f, 4755 aetiology 2188 clinical features, calcium urinary stones 5098t Gitelman's syndrome vs. 5117 hypo-/hypermagnesaemia 5118t loop of Henle 4721f, 4726 potassium disturbances 4793-94 type I 4755 type II 4755 type III 4755 type IV 4755 type V 4755 basal cell carcinoma (BCC) 435, 5735f, 5735 incidence, change over time 414 post-renal transplant 4899 renal transplants 5748 basal cell naevus syndrome (Gorlin's syndrome) 458t, 465 Hedgehog (Hh) pathways 260 PTCH gene 465 basal cell papilloma/seborrhoeic warts (seborrhoeic keratosis) 5732, 5733f basal ganglia 5940 adult-onset disease 2113 attention 5823 cognitive domain 5823 functional anatomy 5941 function/dysfunction 5943 gross anatomy 5940f, 5940 hyperdirect pathway 5943 lesions, paroxysmal dyskinesia 5973 oscillations 5943 pathways 5941f, 5941, 5942f propionic aciduria 1959-60 rate model of function 5942f, 5942 thalamus 5940f basal pontine syndrome (locked-in syndrome) 6008 baseline electrocardiogram, exercise ECG testing 3313 Basidiobolus mucormycosis 1348 basilar artery 6006, 6012f, 6013f basiliximab 405, 4888 basophils 309-10, 5190f, 5196 allergic rhinitis 4061 Bassen-Kornzweig syndrome 6250 Batten's disease see ceroid lipofuscinosis (Batten's disease); neuronal ceroid lipofuscinoses (NCLs) batteries, poisoning 1772 BBB see bundle branch block (BBB) BCAR (benign drug-induced skin disease) see skin drug reactions BCC see basal cell carcinoma (BCC) BCG see bacillus Calmette-Guérin (BCG) vaccine BCL-2 family proteins 271-72, 273f, 275 BCNU see carmustine (BCNU) BCR-ABL inhibitors, skin drug reactions 5759 BCR-ABL-like acute lymphoblastic leukaemia, acute lymphoblastic leukaemia management 5275 BCR-ABL oncoprotein, chronic myeloid leukaemia 5217f, 5217 BCR-ABL-positive acute lymphoblastic leukaemia, acute lymphoblastic leukaemia management 5275 BDP see beclomethasone propionate (BDP) BEACOPP chemotherapy, Hodgkin's lymphoma management 5284t, 5285 Beau's lines, nail disorders 5726 Becker's muscular dystrophy (BMD) 3478, 3497, 3557t, 6279, 6342 cardiovascular abnormalities 3491t carrier manifestation 6315 clinical symptoms 6280 diagnosis 6313-15, 6316f management 6319

24 Index VOLUME 1 pp. 1-1634 VOLUME 2 pp. 1635-3238 VOLUME 3 pp. 3239-5166 VOLUME 4 pp. 5167-6654 antisense oligonucleotides 6281 cell management 6281 gene management 6281 novel

pharmacological approaches 6281 stop-codon read-through 6281 utrophin modulation 6281 presentation 6315 prognosis 6316b, 6316–17 beclomethasone propionate (BDP) 4085, 4088, 4128 bedbugs 1570, 1571f bedsores 5714 bee stings 5061 see also venomous arthropods beetles (Coleoptera) 1808f, 1808 behaviour activation 6472 Alzheimer's disease 5841 central auditory function tests 5934 confusion assessment 6455 dementia management 6481, 6481t frontotemporal dementia 6236 health inequalities 158 hypoxanthine-guanine transferase deficiency 2026 neurological disorders 5829 obesity management 1910 preventative care risk modification 131 risk factors, preventative medicine 128, 129t variant Creutzfeldt-Jakob disease 6115–16 weight management programmes 6531, 6532f behavioural variant frontotemporal dementia (bvFTD) 5844, 5845, 6482 Behçet's disease/syndrome 4579, 5750, 6381 aetiology 4580 classification criteria 4582b, 4582 clinical findings 4580, 4580t cardiac system 4582 dementia 5858 eye 4581, 6421f, 6422, 6426f gastrointestinal system 2795t, 3003t, 4582 heart muscle disease 3494 hepatic artery aneurysm 3168–69 lung involvement 4205 mucocutaneous system 4580, 4581f musculoskeletal system 4581 neurological system 4581 vascular system 4581, 4582f clinical investigations 4582 diagnosis 6133 differential diagnosis 4582 multiple sclerosis 6035 epidemiology 4580 genetics 4580 management 4583t, 4584, 6381 pathogenesis 4580 pregnancy 2665 prognosis 4584 belatacept (LEA29Y) 405, 4889–90 belching 2729 belimumab 101t, 104, 4511, 5006 Bell's palsy facial nerve (cranial nerve VII) 6123 herpes simplex virus infection 2807 pregnancy 2647t bendroflumethiazide 2524–25, 3766t, 5154 Benecol 2093 Bengal famine (1943) 189, 190, 190t benign drug-induced skin disease (BCAR) see skin drug reactions benign epilepsy with centrotemporal spikes 6241 benign familial haematuria 5070 benign familial infantile seizures 6238, 6241t benign familial neonatal infantile seizures (BFNIS) 5865–66, 6238, 6239t benign hereditary chorea 5959 benign intracranial hypertension see idiopathic intracranial hypertension (IIH) benign melanocytic lesions (melanocytic naevi/moles/freckles) 1618 benign myoclonic epilepsy of infancy 6240 benign oesophageal strictures, upper gastrointestinal tract endoscopy 2743 benign pancreatic duct stricture, acute pancreatitis 3212 benign small bowel tumours, imaging 2753 benign tumours, dementia 5857 benzathine benzylpenicillin 3516, 3517–18, 3542 benzbromarone 2023, 4489 benzene 422t, 1763 benzimidazole 1446, 1532 benzodiazepines 6470 abuse of 6491 anxiety disorders management 6504, 6505, 6505t breathlessness 636 chorea in acute rheumatic fever management 3517 colonoscopy sedation 2735–36 critical care 3904 delirium 558 falls in elderly 583t glutaric aciduria type I management 1963 mechanism of action 5871 multiple sclerosis management 6035 pharmacodynamics in older people 573 poisoning by 1738 renal disease, effects of 5158 seizure management in acute porphyria 2051–52 tension-type headaches 5995 withdrawal 6492 see also lorazepam benzofurans 1748 benzoic acid 5763 benzoyl peroxide (BPO) 5705, 5765 benzyl alcohol poisoning 1763 benzylpenicillin 2684, 5163t beriberi acute pernicious 1863 Berlin patient, HIV/AIDS 931f, 931 Bertiella infections 1525 berylliosis 4232, 4233f beryllium 422t, 4209–10  $\beta$ -3 agonists, urinary incontinence 594  $\beta$ 2-agonists acute respiratory distress syndrome management 3879 acute severe asthma management 4095 asthma management 4083, 4084t, 4086 COPD management 4126, 4127 long-acting 4084, 4086 moderate asthma attacks 4093 poisoning by 1739 regular use vs. as-needed 4086 safety of 4086  $\beta$ -antagonists (beta blockers) ACS management 3634 adverse reactions asthma induction 4073, 4274 erectile dysfunction 2409t poisoning 1738 aortic regurgitation management 3454 arrhythmias in hypertrophic cardiomyopathy management 3476 arrhythmogenic right ventricular cardiomyopathy management 3487 atrial fibrillation management 3418 blood pressure in aortic dissection management 3809 cardiogenic anasarca management 3405 chest pain in hypertrophic cardiomyopathy management 3476 chronic heart failure management 3414f, 3415 CKD in

pregnancy 2594t dilated cardiomyopathy management 3482 Duchenne's muscular dystrophy management 6317-18 dyspnoea in hypertrophic cardiomyopathy management 3476 exercise ECG testing 3313 hypertension management 3766t, 3767 acute porphyria 2051 contraindications 3767t diabetes 2525 malignant hypertension 3805, 3806t hypertrophic cardiomyopathy management 3474-75 Marfan's syndrome management 3556, 4650, 4681 migraine prevention 5993t multiple sclerosis management 6035 pheochromocytoma management 3794-95 pharmacodynamics in older people 573 postural tachycardia syndrome management 6165 pseudoxanthoma elasticum management 4685 renal disease, effects of 5155 stable angina management 3623 tachycardia management 3364 thyrotoxic periodic paralysis management 4756 ventricular tachycardia management 3382 vertigo management 5927t withdrawal syndromes 87  $\beta$ -cell failure, diabetes mellitus type 2 2479f, 2483 betaine 1982  $\beta$ -lactam antibiotics 1059, 4954, 5079t  $\beta$ 2-microglobulin amyloid fibrils 2228 haemodialysis-associated amyloidosis 2224 normal blood values 6586t renal tubular proteinuria 4786 urinary/faecal reference intervals 6587t  $\beta$ -oxidation defects, primary metabolic myopathies 6338 Bethlem myopathy 6293, 6322 bevacizumab 484-85, 502, 2455, 6207 bezafibrate 2072t BH3-only proapoptotic proteins, apoptosis activation 272f, 272-73 Bhanja virus 861 Bhopal disaster 4269-70 Bhutan health financing and MDG 174 Millennium Development Goals 172 bicalutamide 501, 2393t bicarbonate ( $\text{HCO}_3^-$ ) adult values 6581t normal blood values 6583t reabsorption, early (S1) proximal convoluted tubule 4723 reabsorption in proximal tubule 5105 bicipital tendonitis 4412t biclonal gammopathies, monoclonal gammopathy of undetermined significance 5313 bicuspid aortic valve 3570 pregnancy 2602, 2603f bicycle ergometry 3311, 3311t, 3968 Biermer's anaemia see acquired pernicious anaemia bilateral adrenalectomy 2343-44, 2546 bilateral sequential single lung transplantation 4295, 4296f bilateral tonic-clonic seizures, epilepsy 5864 bile composition-affecting drugs 5153

Index 25 VOLUME 1 pp. 1-1634 VOLUME 2 pp. 1635-3238 VOLUME 3 pp. 3239-5166 VOLUME 4 pp. 5167-6654 formation, liver 3038f, 3038 manufacture of 3197b, 3197 physiological functions 3038t bile acids excretion and reabsorption 2061 malabsorption diarrhoea 2759t irritable bowel syndrome 2955 primary biliary cholangitis 3130f, 3130 synthesis, cholesterol 2061f, 2061 bile acid sequestrants (resins) 2074t, 2092, 5153 bile duct congenital disorders 3207 choledochal cysts 3207f, 3207, 3208f, 3208t stones, jaundice 3055 bile salt export pump (BSEP) 3192f, 3192, 3192t bile salts diarrhoea, cholecystectomy 3204 malabsorption 2878 metabolism, liver 3039 bilharzia see schistosomiasis biliary canaculi 3036, 3037t, 3196-97 biliary colic 2769t, 3199 biliary tract anatomy 3033f, 3034 common bile duct 3033f anatomy 2723f, 3197f stones, management 3202 drainage, pancreatic ductal adenocarcinoma management 3232 imaging, jaundice 3056 self-expandable stents 2746f, 2746 biliary tract disorders 3196 atresia, neonatal cholestasis 3191f, 3191 biliary strictures 3206 ERCP see endoscopic retrograde cholangiopancreatography (ERCP) IgG4-related sclerosing cholangitis 3206 primary sclerosing cholangitis 3206 secondary sclerosing cholangitis 3207 clinical features 3197, 3197t cystadenoma, benign liver tumours 3190 cystic fibrosis 4153 dyspepsia, gallstones 3200 indeterminate biliary structures 3205f, 3205, 3205t obstructive jaundice 3197t, 3205 investigations 3197 imaging 3198 laboratory investigations 3197 tumour markers 3198 leaks, endoscopic retrograde cholangiography 2745 liver transplantation 3104 obstruction chronic pancreatitis 3221 chronic pancreatitis management 3226 biliary tree anatomy 3196-97 endoscopy see endoscopy physiology 3196 bilirubin acute hepatitis 3111 adult values 6581t circulating pool 3050 congestive hepatopathy 3168 CSF pressure 5783 drug-induced liver disease 3155 evolutionary aspects 41 metabolism, liver 3039f, 3039 physiology of 3049,

3050f primary biliary cholangitis 3135 subarachnoid haemorrhage 6024–25 binge eating disorder classification/diagnosis 6509b clinical features 6511 cognitive behavioural management 6532 epidemiology 6510f management 6512, 6513b biochemical analysis 6577 amyloidosis diagnosis 2230 blood gases 6583t carcinoid syndrome 2872 chylothorax 4317 complication diagnosis 6577 congenital adrenal hyperplasia management 2364 development of 6577 diagnosis 6577 diagnostic enzymes 6582t disease monitoring 6577 faecal reference intervals 6587t hormones 6583t human prion diseases 6117 immunoproteins 6586t lysosomal disease diagnosis 2135 management response 6577 metals 6586t nonalcoholic fatty liver disease 3151 organ system profiles 6582t Paget's disease 4640 post-test odds 6580 pre-test odds 6580 prognosis 6577 protein-dependent inborn errors of metabolism emergency management 1948 proteins 6586t receiver-operator characteristic curve see receiver-operator characteristic (ROC) curve reference intervals 6578 respiratory chain disorders 6347 routine tests 6581t screening 6578 skeletal disorders 4628 spinal cord disorders 6131–32 tests 6578 accuracy 6578 precision 6578 sensitivity 6578 specificity 6578 therapeutic drugs 6587t trace elements 6586t tumour markers 6585t urinary reference intervals 6587t vitamins 6585t Wilson's disease 2117 biocompatible dialysis membranes, haemodialysis 4864b, 4864 bioimpedance scanning (BIA) 523, 1916 bioinformatics 67, 70t analytical tools 68, 69t common semantic turns 68, 68t data storage 68 digital imaging 69 infectious diseases 69 oncology research 68 pharmacogenomics 69 biological disease-modifying anti-rheumatic drugs 4437, 4437t biological membranes, dynamic cells 215, 216f biological pollutants, indoor air pollution 1683 biological therapies 100, 101t biosimilars 106 B-lymphocyte stimulators 104 classification 102, 103t cytokine management 241–42 drug-induced interstitial pneumonitis and fibrosis 4278 future developments 106 antibody fragments 107 stratified medicine 106 immune-mediated inflammatory disease 101t, 102, 103f cytokine targets 102 growth factor targets 102 immunogenicity 106 immunosuppressants, adverse reactions 4890 intercellular interactions 104 adhesion molecule blockers 105 costimulation blockade 104, 105f pancreatic ductal adenocarcinoma management 3233 pathogenic cell depletion 105 pregnancy 2666 psoriasis management 5626 rheumatoid arthritis management in pregnancy 2662 skin disease management 5768, 5770 systemic lupus erythematosus management 4511 therapeutic antibodies 100, 102f see also therapeutic antibodies biological valves, heart valve surgery 3670 biological weapons see bioterrorism biomarkers ACS outcomes 3630, 3631f, 3631t acute pulmonary embolism 3724 asthma pathophysiology 4070 cardiac arrest prognosis 3846 cardiogenic pulmonary oedema 3400–1 cardiovascular biomarkers, pneumonia 4018 coronary heart disease 3613 critical care surgery 3863 interstitial lung disease in rheumatological disease 4198 left ventricular wall stress 3632 myocardial damage 3630 nosocomial pneumonia diagnosis 4025 osteoarthritis pathogenesis 4478 osteoporosis 4699 pleural mesothelioma 4363 pneumonia management 4018 stable angina 3622 biopsies adenocarcinoma/gastro-oesophageal junction tumours 2843 amyloidosis diagnosis 2229 brain see brain bronchial see bronchi cancer investigations 489 cutaneous lymphoma 5740 endomyocardium see endomyocardial biopsies hereditary fructose intolerance (fructosaemia) 1999 kidney see renal biopsies lymphoproliferative disorders 5267 McLeod's syndrome 6251 oral cancer 2806 percutaneous 4002 pancreatic ductal adenocarcinoma 3231 percutaneous lung biopsy 4002 pleural biopsy 4002 polyarteritis nodosa 4570 pyoderma gangrenosum 4603 silicosis 4229–30 skin see skin biopsies vascular peripheral neuropathy 6192 see also endobronchial ultrasound-guided fine needle aspiration biopsies (EUS-FNA); endoscopic biopsies; fine needle aspiration biopsies; percutaneous needle biopsies; transbronchial lung biopsies (TBLB) bipterin metabolism defects 1971, 1973f clinical presentation 1973 diagnosis 1973 management 1973 outcome 1973 bioresorbable stents 3659 biosimilars 106 insulins 2493 psoriasis management 5627 bioterrorism

1718 areas of uncertainty/ controversy 1723 biological weapons, 1719 infectious and contagious diseases 1719 infectious not contagious diseases 1720 toxins 1720 clinical features 1721 decontamination 1723 differential diagnosis 1721 dissemination of 1720 early detection 1721 epidemiology 1720f, 1720 investigations 1722

26 Index VOLUME 1 pp. 1-1634 VOLUME 2 pp. 1635-3238 VOLUME 3 pp. 3239-5166 VOLUME 4 pp. 5167-6654 ethical aspects 1723 future developments 1723 historical perspective 1719 isolation 1722 legal aspects 1723 postexposure prophylaxis 1722 prevention 1720 public education 1722 quarantine 1722 risk communication 1722 surveillance 1721 biotin (vitamin H) 1856t, 1868 biotinidase deficiency management 1965-66 deficiency 1868 functions 1868 holocarboxylase synthetase deficiency management 1966-67 nutritional support 1918 requirements 1868 structure 1868f biotinidase deficiency 1955f, 1965, 1966f BiPAP 3834, 6292 biphasic anaphylaxis 3856 bipolar disorder 6498 aetiology 6498 clinical features 6498, 6499f depression 6499 hypomania 6498b, 6499 mania 6498b, 6499 differential diagnosis 6499 medical comorbidities 6500 psychiatric comorbidities 6499 schizophrenia 6515 epidemiology 6498 maintenance management 6500 drug management 6500 psychological management 6498b, 6500, 6501b management 6500, 6500t acute depression 6500 acute mania 6500 antipsychotic drugs 6469 sodium valproate 6468 mania 6448 outcome 6501 pregnancy 6501 bird fancier's lung 4247 bird poisons 1801f, 1801 Birmingham Atrial Fibrillation in the Aged (BAFTA) study 3372 Birmingham Vasculitis Activity Score (BVAS) 4554, 4554t, 4566, 4997 birth (delivery) brachial plexus traction lesions 6180-81 cardiac disease and 2600 decisions, critical care in pregnancy 2702, 2702t HIV/AIDS in pregnancy 2679 inflammatory bowel disease 2625 malnutrition 1883 pregnancy in diabetes mellitus 2636 premature see premature birth preventative programme effectiveness 135 timing of, pre-eclampsia management 2586 venous thromboembolism 2612 management 2610 see also labour birth asphyxia, cerebral palsies 6365 Birt-Hogg-Dubé syndrome 466, 5071t chromophobe renal cell carcinoma 5140 FOLLICULIN gene 465, 466 genetics 5071 predisposition genes 461t bismuth chelate (tripotassium dicitratobismuthate), poisoning by 1739 bisoprolol 3365t, 3415-16 bisphosphonates adverse reactions eye diseases/disorders 6437 osteonecrosis of the jaw 4704 bone metastases management 4357, 4712 Duchenne's muscular dystrophy management 6318 osteoporosis management 4700 CKD 4848 Paget's disease management 4642 septic arthritis management 4460 bites 6552, 6553f nonvenomous arthropods see nonvenomous arthropods bivalirudin 3638, 5157 BK virus infection interstitial nephritis 5037 renal transplant immunosuppression 4893 UTI post-renal transplantation 5088 black cohosh (*Actaea racemosa*) 203 drug interactions 205t safety 204 black piedra 1344 black urine 4783 bladder catheterization cardiogenic shock 3406 urinary incontinence 594 diary, urinary incontinence 591 bladder cancer 5136 aetiology 5136 assessment 5137 asymptomatic nonvisible haematuria 4767 clinical features 5136 epidemiology 440, 5136 artificial sweeteners 440 medicines 440 occupation 440 parasitic infections 440 tobacco 440 incidence 413t management 5139 localized muscle-invasive disease 5138f, 5139 metastatic muscle-invasive disease 5140, 5140t non muscle-invasive disease 5139, 5139t programmed death-1 blocking 483 pathogenesis 5136 prognosis 5137 staging 5137 bladder disorders abnormal emptying, UTI 5076, 5077b, 5086 multiple sclerosis 6031, 6035 spinal cord injury 6143 Blalock-Taussig shunt, tetralogy of Fallot 3585f, 3585, 3585t Blastocystis infection 1449 aetiology 1450 biology 1450f, 1450 clinical features 1451 diagnosis 1450 epidemiology 1450 management 1451 pathogenicity evidence 1451 blastomycosis 1352 liver disease 3175 Blau's syndrome 2208t, 2214, 2215f bleaches 1772, 5679 bleeding see haemorrhage bleeding tendencies 5509 anaemia causes 5363 clinical assessment 5510 clinical examination 5511 general aspects

5512 mucosa 5512 musculoskeletal system 5512 skin 5511 splenomegaly 5512 haemolysis 5385 history taking 5510 bleeding patterns 5510 dental extraction 5511 drug history 5511 epistaxis 5511 family history 5511 gingival bleeding 5511 haemostatic capacity assessment 5510 menorrhagia 5511 purpura 5510 severity 5510 surgery 5511 unusual sites 5511 investigations 5512, 5517 acquired haemophilia 5519 acquired von Willebrand's syndrome 5519 activated partial thromboplastin time 5513 anatomical imaging 5518 antiplatelet drugs 5518 bleeding time 5517 blood count 5513 blood film 5513 critically ill patients 5518 dilutional coagulopathy 5518 direct oral anticoagulants 5518 disseminated intravascular coagulation 5518 drug-induced bleeding 5518 factor assays 5516f, 5516, 5517t fibrinogen level 5516 haemostasis assessment 5513, 5514t haemostasis global tests 5517 hyperfibrinolysis 5520 laboratory tests 5512 liver disease 5519 mixing studies 5516 neonatal bleeding 5520 platelet function analysis 5516 prothrombin time 5513 renal disease 5519 surgical bleeding 5518 thrombin time 5516 thrombocytopenia 5519 vitamin K antagonists 5518 von Willebrand protein levels 5519 iron deficiency investigation 5388 management 5520 acute bleeding 5520 nonacute bleeding 5520 see also coagulation disorders bleeding time acquired coagulation disorders 5548t bleeding tendencies 5517 bleomycin adverse reactions, nodular regenerative hyperplasia 3164 drug-induced alveolar disease 4278 drug-induced pulmonary vasculature 4280 skin disease management 5768 bleomycin/etoposide/cisplatin (BEP) 5147 blepharitis 6408t, 6411, 6413f, 6414f blinatumomab 479 blindness causes 6400 age-specific macular degeneration 6406f, 6407, 6408t, 6412f cataract 6400, 6401t diabetic retinopathy 6404, 6408t, 6411f glaucoma 6404, 6406f uncorrected refractive error 6407 epidemiology 6400, 6406f falls in elderly 581 giant cell arteritis 6381 gradual vision loss 6400t mitochondrial DNA point mutations 6346 paraneoplastic neurological syndromes 6390 subacute vision loss 6400t vitamin A deficiency 1856, 1888 see also vision disorders Blomstrand's disease, hypoparathyroidism 2329 blood cellular components 5173t CSF 5783 development 5170 high terrestrial altitude acclimatization 1703 HIV/AIDS in LMICs 935 blood-borne infections, travel and expedition medicine 716 blood-brain barrier 6063, 6070 blood count bleeding tendencies 5513 haematological malignancies 5182 systemic lupus erythematosus 4509

Index 27 VOLUME 1 pp. 1-1634 VOLUME 2 pp. 1635-3238 VOLUME 3 pp. 3239-5166 VOLUME 4 pp. 5167-6654 blood cultures acute osteomyelitis 4693 autosomal dominant polycystic kidney disease 5087-88 endocarditis 3524, 3525t pneumonia management response 4020 blood diseases/disorders 5169 folate deficiency 5419 blood disorders malignancies, oral manifestations 2824 blood films bleeding tendencies 5513 haematological malignancies 5182 lysosomal disease diagnosis 2135 blood gases biochemical analysis 6583t normal values 6583t blood gas tension 4283 gas transport in the tissues 4285, 4285t hypercapnia 4284 alveolar hypoventilation 4284f, 4284 combined effects 4284 ventilation/perfusion abnormality 4284 hypoxaemia 4283, 4283t alveolar hypoventilation 4284 anatomical shunting 4284 diffusion limitation 4284 ventilation/perfusion mismatch 4283f, 4283 pulmonary gas exchange 4283 special circumstances 4284 blood glucose concentration/ measurement diabetes mellitus 2467, 2501 sports medicine 6569-70 diabetes mellitus type 2 2484 gender assessment in DSD 2446-47 hypoglycaemia in diabetes mellitus 2532 pheochromocytomas 3793 status epilepticus 5878 viral infections of CNS 6091-92 blood group systems 5566, 5567t, 5568f ABO system see ABO system compatibility in liver transplantation 3102 Rh system 5566 blood natriuretic peptide (BNP) 3282, 3283f, 3283t blood oxygen level-dependent magnetic resonance imaging (BOLD-MRI) 4801, 5048 blood pressure measurement monitors 3756 blood pressure (BP) acute aortic syndrome 3677 ageing 543 cardiorenal syndrome 3423 chronic heart failure 3420 chronic tubulointerstitial nephritis

agricultural communities 4964 coronary heart disease risk factors 3607f, 3607, 3608f diabetic nephropathy 4976, 4983, 4984 drop, spinal cord injury 6140–41 epidemiology trials 64f, 64, 65f hypertension 3740, 3741f, 3755b, 3755, 3756t management CKD management 4840, 4843f diabetic nephropathy prevention 4981 liver disease in pregnancy 2620–21 melatonin 2558 measurement scleroderma management in pregnancy 2666 pregnancy 2563, 2578, 2597–98 salt in diet 1895 stroke and 1895 urinary stones 5095f, 5095 vasopressin release 2279 blood products acute myeloid leukaemia 5210 HIV/AIDS transmission 930 LMICs 935 blood substitutes, blood transfusion 5577 blood-sucking flies (Diptera) 1569, 1569t, 1570f, 1571f blood tests acute aortic syndrome 3678 acute mesenteric ischaemia 3000 acute pulmonary embolism 3724 autoimmune encephalopathy with NMDAR antibodies 6395 autoimmune limbic encephalitis with VGKC-complex antibodies 6393 bronchiolitis obliterans 4187 chronic heart failure 3420 cryptogenic organizing pneumonia 4189 dementia 6479 diabetic ketoacidosis 2506–7 diffuse parenchymal lung disease diagnosis 4173 dyslipidaemia diagnosis 2088 hepatic encephalopathy 3085 idiopathic pulmonary fibrosis 4181 iron status evaluation 5374 liver failure investigations 3095, 3096t low back pain diagnosis 4409 malabsorption 2877 muscle disorders 6308 osteoarthritis 4478 pancreatic ductal adenocarcinoma investigations 3230 pelvic inflammatory disease management 1624 primary intracerebral haemorrhage 6023 primary thyroid epithelial tumours 2305 PSC 3138 pulmonary arterial hypertension investigations 3700 rheumatological diseases see rheumatological diseases septic arthritis 4458 Sjögren's syndrome 4534 spinal cord disorders 6131–32 syncope 5900 systemic lupus erythematosus 4509 blood transfusions 5563 acquired aplastic anaemia management 5343 acute respiratory distress syndrome 3879 anaemia of inflammation management 5406 antibodies 5567 alloantibodies 5567 autoantibodies 5568 compatibility testing 5568 autologous 5577 collection of 5564 complications 5564, 5571, 5571t, 5572t acute intravascular haemolytic reaction 5571 acute lung injury 5573 acute pain transfusion reaction 5574 allergic reactions 5572 associated circulatory overload 5573 associated dyspnoea 5573 delayed extravascular haemolytic reactions 5571 febrile non haemolytic reactions 5572 hypotension transfusion reaction 5574 post-transfusion purpura 5574 septic reactions 5572 transfusion-associated circulatory overload 5573 transfusion-associated dyspnoea 5573 transfusion-associated graft-versus-host disease 5573 transfusion malaria 1407 transfusion-related acute lung injury 5573 transmitted hepatitis 3111 component alternatives 5577 autologous transfusion 5577 blood substitutes 5577 growth factors 5577 component use 5563, 5566t, 5568 cryoprecipitate 5570 granulocytes 5571 plasma 5570 plasma derivatives 5570 platelets 5565f, 5569 red blood cells 5569 disease transmission 5574, 5574t gastrointestinal infections transmission 3016 haematopoietic stem cell transplantation management 5586 iron overload 5392 molecular testing 5577 *Neisseria meningitidis* infection management 1023 peptic ulcer bleeding management 2857 pretransfusion testing 5565f, 5565 processing 5564, 5565f special blood products 5575 cytomegalovirus-safe products 5576 frozen products 5576 irradiation 5575 leucoreduction 5575 pathogen reduction 5576 volume reduction 5576 washed blood products 5576 variceal bleeding 3072 blood vessels adventitia 3242, 3252 angiogenesis 3251 cell growth 3251 cellular adhesion 3250 cellular constituents 3242 chest radiography 3980 disorders of cyanotic heart disease 3564 Fabry's disease 2144 skin see skin diseases/disorders endothelium 3242, 3243f anatomy 3243f, 3243 angiogenesis 3251f, 3251–52 development 3242–43 metabolism 3252 microvesicles 3252 platelet inhibition 3250 signal detection 3243 transport 3252 vascular damage and repair 3243, 3244f intima 3242 media 3242 pericytes 3244f, 3244 perivascular adipose tissue 3252 proinflammatory cytokines 3251 vascular smooth muscle cells 3245 vasoconstriction see vasoconstrictor drugs blood vessel walls 5491f, 5491 adventitia 5494 endothelial cells 5492

anticoagulant properties 5492, 5492t procoagulant properties 5492t, 5493f, 5493 receptors 5493, 5493t vascular tone 5492, 5492t extracellular matrix 5493, 5494t smooth muscle cells 5494 blood volume anaemia in pregnancy 2687 medication in pregnancy 2707 systemic arterial blood pressure regulation 3269f, 3269 bloody diarrhoea (dysentery) acute 3018 Bloom's syndrome 458t, 467, 5689t BLM gene 467 cancer susceptibility 415 blue rubber bleb naevus syndrome 3006t, 5718 blue urine 4783 BMI see body mass index (BMI) BMPs see bone morphogenetic proteins (BMPs) BNP see brain natriuretic peptide (BNP) BOADICEA model 467 bocavirus infection 725t, 733, 953 Bochdalek posterior diaphragmatic hernia 4374

28 Index VOLUME 1 pp. 1-1634 VOLUME 2 pp. 1635-3238 VOLUME 3 pp. 3239-5166 VOLUME 4 pp. 5167-6654 BODE index, COPD 4121, 4121t body lice 1575 body mass index (BMI) acute fatty liver of pregnancy 2622 artificial nutrition assessment 1916 COPD 4116 hypertension 3744 malabsorption 2877 obesity definition 6529f, 6531 obesity diagnosis 1903, 1908 osteoporosis clinical risk factors 4699 pregnancy 2568 pregnancy outcomes 2576 primary spontaneous pneumothorax 4322 renal transplant recipients 4882 body plethysmography 3957-58, 4117 body temperature, C-reactive protein 2205 Bolivian haemorrhagic fever see arenaviruses bolus consistency, dysphagia management 2842 bombesin 2866 bone biochemical measures of turnover 4626, 4626t biopsies osteomalacia/rickets 4635 skeletal disorders 4631 calcium balance 4624f, 4624 cells 4618, 4639f collagen 4622 formation 4620 healing, spinal cord injury 6137 mass of 4621 change 4697f, 4697 see also osteoporosis mineralization 4624 noncollagen proteins 4622 pain CKD in vs., 4830 osteomalacia/rickets 4634 skeletal disorders 4627 phosphorus balance 4624f, 4624 physiology 4616 remodelling 4698 remodelling cycle 4618-19 resorption 4618, 4620, 4699 shape/alignment in osteoarthritis 4474 sport and exercise medicine 6567 structure 4618 system profiles 6582t bone age 2425, 2432 bone cancer 4709 chondrosarcoma 4710, 4711f classification 4709t epidemiology 433, 434f Ewing sarcoma 4710, 4712f extrapulmonary tuberculosis 4028 investigation 4709 metastases 4712f, 4712 carcinoid syndrome management 2874 local disease vs. 4710 osteosarcoma see osteosarcoma presentation 4709 staging of 4710 warning signs 4393t bone disease 4393, 4393t actinomycoses 1174 anaerobic bacterial infections 1058 bone cancer see bone cancer cancer see bone cancer cystic fibrosis 4163 fractures, 4627 osteochondritis dissecans see osteochondritis dissecans osteochondrosis see osteochondrosis osteomyelitis see osteomyelitis osteonecrosis see osteonecrosis osteoporosis see osteoporosis Pseudomonas aeruginosa infection 1043 tuberculosis 1137 bone marrow aspirate 5341, 5342f, 5406 B cell development 331 cytogenetics, acquired aplastic anaemia 5342 decreased platelet production disorders 5530 examination, haematological malignancies 5183 haematopoiesis in adults 5174 haematopoietic stem cell transplantation 5582 megaloblastic anaemia 5420f, 5420 myelodysplastic syndromes 5202 transplantation 5172 acute myeloid leukaemia management 5209 Gaucher's disease type 1 management 2143 haemorrhagic cystitis, human polyomaviruses 884 human cytomegalovirus infection 747 metachromatic leucodystrophy management 6212 mitochondrial myopathies 6349 mucopolysaccharidoses management 2148 paroxysmal nocturnal haemoglobinuria management 5349f, 5352 purine nucleoside phosphorylase deficiency 2029 bone marrow failure (BMF) disorders 5325, 5336, 5337f anaemia of inflammation vs. 5405 erythroid cell lineage effects 5346 see also pure red-cell aplasia future development 5348 inherited syndromes 5325, 5325b, 5326t congenital dyserythropoietic anaemia see congenital dyserythropoietic anaemia congenital thrombocytopenias see congenital thrombocytopenias Diamond-Blackfan anaemia see Diamond-Blackfan anaemia dyskeratosis congenita see dyskeratosis congenita Fanconi's anaemia see Fanconi's anaemia severe congenital neutropenia (SCN) see severe

congenital neutropenia (SCN) Shwachman–Diamond syndrome see Shwachman–Diamond syndrome management, eculizumab 5353 paroxysmal nocturnal haemoglobinuria see paroxysmal nocturnal haemoglobinuria (PNH) see also aplastic anaemia; pure red cell aplasia bone mineral density (BMD) 586, 4698 bone morphogenetic proteins (BMPs) 243, 262, 3697, 4616–18 borderline lepromatous leprosy (BL) 1158, 1159f borderline leprosy (BB) 1158, 1159f borderline tuberculoid leprosy (BT) 1158f, 1158, 1159f Bordetella infection 1073 aetiology 1073 clinical features 1074 clinical investigations 1075 diagnosis 1075 differential diagnosis 1074 epidemiology 1073 morbidity 1073 mortality 1073 prevention 1074 management 1075, 1075t pathogenesis/pathology 1074 prognosis 1076 Bornholm disease (epidemic pleurodynia) 791, 3950 Borrelia burgdorferi infection see Lyme borreliosis Borrelia recurrentis infection see relapsing fevers bortezomib 502–3 adverse reactions, neuropathies 6188 AL amyloidosis management 2232 monoclonal Ig-dependent diseases management 5021 renal disease in myeloma 5020 bosentan 2713, 3706, 5155 Bosniak classification, renal cancer 5141, 5141t botulinum antitoxin 3021 botulinum toxin glutaric aciduria type I management 1963 headache prevention 6001 hemifacial spasm management 6124 hyperhidrosis management 5703 idiopathic achalasia management 2839 migraine prevention 5993t neuronal ceroid fucinoses management 2152 Parkinson’s disease 607–8 tension-type headaches 5995 botulism 1121 diagnosis 1122 history 1121 infant botulism 1123 management 1122 occurrence 1121 pathogenesis 1121 physical examination 1122 toxin 1121 wound botulism 1123 Bourbon virus 956 Bourneville’s disease see tuberous sclerosis complex (Bourneville’s disease) bovine spongiform encephalopathy (BSE) 6110, 6115 Bowditch effect 3272, 3274 bowel resection 2911 acute phase management 2913 anatomy 2913 nutritional support 2913, 2913t sepsis 2913 surgery 2913 aetiology 2912 chronic phase management 2914 feeding and adaptation 2914f, 2914, 2914t long-term plans 2914f, 2914, 2915t socialization 2914 long-term complications 2915, 2915t management 2913 pathophysiology 2912 electrolyte depletion 2912f, 2912 gut motility 2912 hormones 2912 micronutrients 2913 secretion 2912 vitamins 2913 water depletion 2912f, 2912 surgery 2915 intestinal function optimization 2915 transplantation 2915 Bowenoid papulosis 1618 Bowen’s disease 5734 BPO see benzoyl peroxide (BPO) brachytherapy 499t, 503, 3661 bradycardias 3353 acute presentation 6598 aetiology 3353 cardiac syncope 3289t causes 3354 asystole 3356 atrioventricular conduction disorders 3354 see also atrioventricular block neurocardiogenic syncope 3354 sinoatrial disease 3354f, 3354, 3355f complete transposition of the great arteries 3582 management 3353 acute management 3353, 3354t pacemaker management 3356 pacemaker management see pacemakers raised intracranial pressure 3895 symptoms 3352 syncope 3289 vasovagal syncope 5897 bradykinesia, Parkinson’s disease 602, 5949

Index 29 VOLUME 1 pp. 1–1634 VOLUME 2 pp. 1635–3238 VOLUME 3 pp. 3239–5166 VOLUME 4 pp. 5167–6654 BRAF gene malignant melanoma 453–54, 5738 non-small cell lung cancer 4342 papillary thyroid carcinoma 2302–3 brain abscesses, traumatic brain injury 6046 activity monitoring critical care 3904 sedatives 3904 acute-on-chronic liver failure 3094 anoxic damage 6369 atrophy, cerebrotendinous xanthomatosis 6221–22 autopsy methods 6559 biopsies human prion diseases 6118 toxoplasmosis in HIV/ AIDS 6103 cancer 414 optic chiasm disorders 5919 death 5908 brainstem-auditory evoked potentials 5790 definition 3915t frailty in ageing 527 higher functions see higher brain function hypertension pathophysiology 3750 imaging cardiac arrest 3845 Wilson’s disease 2118 lung cancer metastases 4346f, 4346 neurological disease see paraneoplastic neurological syndromes (PNS) oxygen deprivation 6369 postmortem examinations 6559 reductive adaptation 1885 statin adverse reactions 2074t, 2092 support, liver failure management 3098 traumatic injury see traumatic brain injury weight in Alzheimer’s

disease 5836 see also central nervous system (CNS) brain natriuretic peptide (BNP) 2221, 3748, 3863, 6583t brainstem auditory evoked potentials evoked potentials 5790 hearing disorders 5934f, 5934 neuropsychiatric adult peroxisomal disorders 2162 autonomic nervous system 6150-51 circulation 6006 coma 5903f, 5904 encephalitis 6390 glioma imaging 5813 multiple sclerosis 6031 reflexes 3846, 6542 coma 5907 reticular activating complex 5945 reticular formation nuclei 5823 syndromes see neurological disorders brainstem death 5908 actions following 5909 ancillary tests 5909, 5910f children 5909 conduct of tests 5909b, 5909 diagnostic criteria 5908 prerequisites 5908 branched-chain amino acid metabolism disorders 1949t, 1954 3-hydroxyisobutyryl-CoA hydrolase deficiency 1949t, 1961 isovaleric aciduria (isovaleryl-CoA deficiency) 1945b, 1949t, 1955f, 1956 malonic aciduria 1962 maple syrup urine disease see maple syrup urine disease 2-methyl-3-hydroxybutyryl-CoA dehydrogenase deficiency 1949t, 1959 3-methylcrotonylglycinuria 1949t, 1955f, 1957 3-methylglutaconic acidosis 1957 methylmalonic aciduria 1949t, 1955f, 1960 primary 3-methylglutaconic acidosis 1957 3-methylglutaconic aciduria type 1957 propionic aciduria 1949t, 1955f, 1959, 1960f secondary 3-methylglutaconic acidosis 1958 DNAJC19 defect (dilated cardiomyopathy with ataxia (DCMA) syndrome/3-methylglutaconic aciduria type V) 1949t, 1958 3-methylglutaconic aciduria type III 1958 3-methylglutaconic aciduria type IV 1949t, 1958 OAP3 defect (Costeff's syndrome/3-methylglutaconic aciduria type III) 1949t TAZ defect (Barth's syndrome/ 3-methylglutaconic aciduria type II) 1949t, 1958 short-chain enoyl-CoA hydratase deficiency 1961 branched-chain amino acids (BCAAs) 1849-50, 3087 branch retinal artery occlusion 6413, 6414f, 6415f Braunwald classification, ACS 3628t, 3629-30 Brazil 430-31, 4228 BRCA1 gene breast cancer predisposition 133t, 462 colorectal cancer 2988-89 DNA sequencing 450 ovarian cancer predisposition 463 BRCA2 gene breast cancer predisposition 133t, 462 coding of 447 DNA sequencing 450 Fanconi's anaemia 467 melanoma predisposition 463 ovarian cancer predisposition 463 prostate cancer 5143 breakthrough pain 632 breast cancer adult screening 149t aetiology 424 age-related incidence 415 carcinogenesis 459 cutaneous metastases 5741 diagnosis 505 epidemiology 435, 436f genetics 462 BRCA1 gene 462 BRCA2 gene 462 CDIII gene 462 genome-wide association studies 224t predisposition 461t TP53 gene 462 incidence 413t migrant groups 414t management see breast cancer management paraneoplastic cerebellar degeneration 6388 paraneoplastic neurological syndromes 6386 pregnancy 2699 preventative medicine 133t prognosis 505-6 screening 505 Breast Cancer Linkage Consortium 460-62 breast cancer management 505 adjuvant management 506 chemotherapy 506 endocrine management 506 HER2-positive breast cancer 505-6 radiotherapy 506 metastatic disease 507 chemotherapy 507 endocrine management 507 neoadjuvant systemic management 507 personalized management 453t surgery 506 breast disease, benign 2406 breast inflammation 2407 breast pain (mastalgia) 2407 congenital abnormalities 2406 development abnormalities 2406 benign cystic change 2406 fibroadenomas 2406f, 2406 macrocysts 2407 diabetic mastopathy (lymphocytic lobulitis) 2407 fat necrosis 2407 fibromatosis 2407 hamartoma 2407 male breast 2408 nipple areolar complex 2407 nipple discharge 2407f, 2407 phyllodes tumour 2407 breast disorders benign disease see breast disease, benign cancer see breast cancer inflammation 2407 pain (mastalgia) 2407 breastfeeding ACE inhibitors contraindications 3414 adverse drug reactions 91, 92t anticonvulsants 5877 critical care in pregnancy 2702 diabetes mellitus and 2636 epilepsy management in 2643 hypoglycaemia in diabetes mellitus 2533 medications in 2709 promotion of 134t see also lactation breathing mechanics, respiratory function tests 3957 pattern in respiratory disease 3951 sleep, during 4049f, 4049 heart failure 4050 regulation 4050, 4051f REM sleep 4050 respiratory muscles 4050, 4051f breathlessness (dyspnoea) 3280f, 3280 causes 3281, 3281t, 3948 acute pulmonary embolism

3718-19, 3724 airways disease 3281, 3283 asthma 3948 carcinoid syndrome 2871 chronic thromboembolic pulmonary hypertension 3708 COPD 4113 Eisenmenger's syndrome 3565 hepatopulmonary syndrome 3070 Langerhans cell histiocytosis 4256 left ventricular failure 3277t, 3281 lung cancer 4344 metastatic pleural malignancy 4366 preserved ventricular function with 3283 pulmonary arterial hypertension 3696t, 3699 pulmonary embolism 3281, 3283 respiratory disease 3947, 3948t scoliosis 4331 classification 3281t management hypertrophic cardiomyopathy 3476 palliative care 634t, 635 normal pregnancy 2578 pregnancy 2615 time course 3281 breath sounds, respiratory disease 3954 breath tests malabsorption 2878 small intestine bacterial overgrowth 2882, 2882t brief counselling 6472

30 Index VOLUME 1 pp. 1-1634 VOLUME 2 pp. 1635-3238 VOLUME 3 pp. 3239-5166 VOLUME 4 pp. 5167-6654 Bristol Stool Chart 598b, 598f, 598, 2759-61, 2762f British and American Thyroid Association 2306, 2307t British Heart Foundation 58-59, 178-79 British Hypertension Society (BHS) 3755b, 3755, 3772, 3773f, 4984 British Medical Association (BMA) 156, 156t British Medical Council (BMC) 185, 6071f, 6081 British National Formulary (BNF) 73, 92 British Society for Allergy and Clinical Immunology 3858 British Society for Rheumatology 4587 British Society of Antimicrobial Chemotherapy 3530 British Society of Gastroenterology 2741, 3123 British Society of Rehabilitation Medicine 6043 British Thoracic Society (BTS) acute exacerbations of COPD 4138-39 asthma management 4081, 4082f, 4083 COPD 4103 diffuse parenchymal lung diseases 4167 pneumothorax management 4322-23 tuberculous meningitis management 6079 British United Provident Association (BUPA) 3862, 3862t Brittle Cornea Syndrome see Ehlers-Danlos syndrome (EDS) brittle diabetes 2485t, 2499 brivaracetam 5873t, 5875 broadband UVB 5625, 5767 broad-complex tachycardias 3361, 3362f broad-spectrum antibiotics 690, 2883 Broca's aphasia 5824 brodalumab 104, 4090 bromhidrosis 5700 bromocriptine 2498 aromatic L-amino acid decarboxylase deficiency management 1977 drug-induced pleural disease 4280 idiopathic oedema of women management 3824-25 Parkinson's disease management 5953 peripartum myocarditis 3463 prolactinoma management 2270-71 bronchi 3939, 3940, 3941f adenomas 4358 biopsies bronchoscopy 3995 chronic bronchitis 4105-6, 4106t carcinoids 4358 carcinoma 431 cartilage rings 3943 chest radiography 3980 iron loss 5384 mainstem branching angles 3940 stent placement 3973, 3974f bronchial arteriography, thoracic imaging 3978, 3980f bronchial brushings, bronchoscopy 3995 bronchial hyper-responsiveness HIV/AIDS 4038 sport and exercise medicine 6568 bronchiectasis 4142 aetiology 4143, 4143t associated conditions 4145 cystic fibrosis 4147 HIV/AIDS 4038 rheumatoid arthritis 4194 ulcerative colitis 4145 clinical features 4145 cough 3949 examination 4146 history 4145 complications 4150 definition 4142 differential diagnosis, COPD 4122t epidemiology 4142 future work 4150 idiopathic 4142 investigations and diagnosis 4146, 4147t cause determination 4147, 4147t chest radiography 3990, 3991f disease state determination 4146, 4146t imaging 4146f, 4146 management 4147b, 4147 anti-inflammatory management 4148 antimicrobial therapy 4148, 4149f bronchodilators 4148 inhaled antibiotics 4148 lung transplants 4150 macrolides 4148 monitoring 4149 sputum clearance 4147, 4148t surgery 4149 pathogenesis 4143, 4144f developmental defects 4143 excessive immune response 4144f, 4144 immune deficiency 4144 infections 4143, 4145 mechanical obstruction 4145f, 4145 mucociliary clearance deficiency 4143, 4144 toxic insult 4145 pathology 4143 microscopic features 4143 prognosis 4150 bronchioles 3940, 3941f, 4185 terminal see terminal bronchioles bronchiolitis obliterans 4186 causes 4186t clinical features 4186, 4186t differential diagnosis 4187 histopathology 4186, 4187f investigations 4186, 4187f management 4187 rheumatoid arthritis 4194 see also cryptogenic organizing pneumonia; follicular bronchiolitis bronchiolitis obliterans syndrome (BOS) 4300-1,

4301t bronchiolitis, severe constrictive 4270f, 4270 bronchiolitis/small airways disease, COPD pathology 4107, 4108f bronchitis, chronic 4080, 4105, 4106f, 4106t bronchoalveolar lavage (BAL) bronchoscopy 3997, 3997t diffuse alveolar haemorrhage 4235 diffuse parenchymal lung disease diagnosis 4174 hypersensitivity pneumonitis 4250, 4252 idiopathic pulmonary fibrosis 4181 interstitial lung disease in rheumatological disease 4198 neutrophils, interstitial lung disease in rheumatological disease 4198 nosocomial pneumonia diagnosis 4025 pulmonary alveolar proteinosis 4260 sarcoidosis 4209, 4210, 4214, 4218 bronchodilators acute asthma management 4094 acute exacerbations of COPD 4139 bronchiectasis management 4148 COPD management 4126, 4127f, 4127 cystic fibrosis 4160 renal disease, effects of 5158 bronchogenic cysts 4373f, 4373 bronchoscopic lung volume reduction 4133 bronchoscopy 3993 contraindications 3993 diagnostic role 3998 diffuse lung disease 3997t, 3998 lung cancer 3998, 4351 mediastinal tumours and cysts 4370 respiratory infection 3999 equipment 3993 disinfection 3994 fibreoptic, 3870, 3875, 4203 indications 3993, 3994t patient preparation 3994, 3995b Pneumocystis jirovecii pneumonia 1373 procedure 3995, 3996f techniques 3995 bronchial biopsies 3995 bronchial brushings 3995 bronchial washing 3995 bronchoalveolar lavage 3997, 3997t endobronchial ultrasound- guided transbronchial needle aspiration 3998f, 3998 fluorescence bronchoscopy 3997 magnetic navigation 3998 narrow band imaging 3997 radial ultrasound 3998 transbronchial fine needle aspiration 3996 transbronchial lung biopsy 3997 therapeutic role 4000 adenocarcinoma/gastro- oesophageal junction tumours 2843 ANCA-associated vasculitis 4562 asthma 4000f, 4001 bronchiectasis 4147t diffuse alveolar haemorrhage 4235 emphysema 4000f, 4000 lung cancer 4000 nosocomial pneumonia 4025 post-lung transplantation management 4300 pulmonary Kaposi's sarcoma 4037f, 4037 broom (Cytisus scoparius) 204, 205t brown urine 4783 brucellosis 1102 clinical features 1103, 1104f, 1104t, 1105t cardiac involvement 1105, 1107f genitourinary tract 1105 neurologic complications 1105 osteoarticular complications 1104 sacroiliitis 1105 vertebral osteomyelitis 1104-5, 1106f diagnosis 1107 endocarditis 3525t epidemiology 1103 inflammatory eye disease 6430 liver disease 3174, 3175t management 1107 pathogenesis 1103 prevention 1108 Bruce protocol, exercise ECG testing 3310 Brugada's syndrome 3387f, 3387, 3387t, 5900 Brugia malayi infection chyluria 5056 filarial nephropathy 5056 geographical distribution 1489, 1490 tropical eosinophilia 4239 vectors 1489 see also lymphatic filariasis Brugia timori infection 1490 see also lymphatic filariasis B-type natriuretic peptide (BNP) 3270, 3614 buccal drug formulations 74 Budd-Chiari syndrome 3166 acute 3166 causes 3166t chronic 3166-67 clinical features 3166

Index 31 VOLUME 1 pp. 1-1634 VOLUME 2 pp. 1635-3238 VOLUME 3 pp. 3239-5166 VOLUME 4 pp. 5167-6654 diagnosis 3167f, 3167, 3168f management 3167 prognosis 3167 subacute 3166-67 budesonide 3123, 3134t, 4084-85 Buerger's disease see thromboangiitis obliterans (Buerger's disease) bufavirus 953 bulimia nervosa classification/diagnosis 6509b clinical features 6510 detection and diagnosis 6511 epidemiology 6510f, 6510 multiple sclerosis 6032 outcome 6513 bullous ichthyosiform erythroderma (epidermolytic hyperkeratosis) 5606 bullous pemphigoid 5612, 5613t, 5615f bumetanide 3414, 5154, 5161 bundle branch block (BBB) 3302, 3355 bundle of His 3264-65, 3302 Bunyamwera virus 855 Bunyaviridae 852 Hantavirus see Hantavirus Nairovirus 857 Crimean-Congo haemorrhagic fever virus 857, 859f novel human viruses 955 orthobunyavirus 854 Bunyamwera virus 855 California encephalitis virus 855 Inkoo virus 855 Jamestown Canyon virus 855 oropouche virus 856 snowshoe hare virus 855 Tahyna virus 855 phlebovirus 859 Rift Valley fever virus see Rift Valley fever virus sandfly fever Naples virus 859 sandfly fever Sicilian virus 859 severe fever with thrombocytopenia syndrome virus 860 heartland virus 861 taxonomy 852, 853t

trivial infections 854t unassigned viruses 861 Bhanja virus 861 Bwamba virus 861 Nyando virus 861 Tataguine virus 861 Wanowrie virus 861 vectors 852 viral structure 854f bupropion 1911, 4125, 6535 Burden of Lung Disease study, COPD 4101, 4102f Burkholderia cepacia infection, cystic fibrosis 4157, 4158 Burkholderia mallei infection (glanders) 1080 Burkholderia pseudomallei infection see melioidosis Burkitt's lymphoma 442, 5299 aetiology 2893 clinical presentation 2894 endemic (African) 759 epidemiology 2892 Epstein-Barr virus infection 759, 760 histomorphological features 2895t, 2897, 2898f HIV/AIDS 760 immunohistochemistry 2898f, 2898, 2901t incidence 413 management 2901 pathogenesis 2894 prognosis 2901 burns acute toxic injury to respiratory tract 4268 artificial nutrition support 1923 electrical injuries 1699 lightning 1698 skin 5593 Buruli ulcers 1167, 5697 aetiology 1167 clinical features 1168 disseminated disease 1169 localized disease 1168f, 1168 differential diagnosis 1169 epidemiology 1168 laboratory diagnosis 1169 management 1169 pathogenesis 1168 pathology 1169 prevention 1169 socioeconomic impact 1169 transmission 1168 busulfan 421t, 3164, 4278 butterflies (Lepidoptera) 1808f, 1808 butterfly rash, systemic lupus erythematosus 4506f, 4506 N-butyldeoxynojirimycin (miglustat/ Zavesca) 2140, 2150 butyrophenones 2409t, 6515t BVAS see Birmingham Vasculitis Activity Score (BVAS) Bwamba virus 861 C1 inhibitor assays of 323t normal blood values 6586t primary immunodeficiencies 339t C1 inhibitor deficiency 319, 372, 2240-41 aetiology 319 antibodies to 319 clinical features 321 diagnosis 321 management 321 pathogenesis 319 see also hereditary angio-oedema (HAE) C1q 316, 317f, 320t, 4503 C1r 317f, 320t C1s 317f, 320t C2 317f, 318, 320t, 339t C3 318-19, 320t, 323t, 6586t C3a 316f, 317f, 398 C3b 277, 316f, 317, 318f, 398 C3 convertase 316f C3 deposition, mesangial proliferative glomerulonephritis 4934 C3 glomerulonephritis (C3GN) 321, 4939-40, 5024 C3 nephritic factor, assays of 323, 323t C4 classical complement pathway 317f deficiency 320t lectin complement pathway 317f level measures 323t normal blood values 6586t primary immunodeficiencies 339t C4b2a 317f, 398 C5a 316f, 318, 398 C5b 316f, 318f C5 convertase 316f C6 318f, 318, 320t C7 318f, 318, 320t C8 318f, 318, 320t C9 318f, 318, 320t CA 19-9 biliary disease 3198 cancer diagnosis 489 cholangiocarcinoma 3184 normal blood values 6585t pancreatic ductal adenocarcinoma 3230-31 CA 125 489, 6585t cabergoline acromegaly management 2267-68 Cushing's syndrome management 2346 drug-induced pleural disease 4280 ectopic ACTH production 2347 Parkinson's disease management 5953 prolactinoma management 2270-71 cachexia 637, 3412t cadaveric islet cell transplantation 289 cadmium associated bone disorders 4667 cancer aetiology 422t chronic tubulointerstitial nephritis 4970 normal blood values 6586t poisoning 1752 caeruloplasmin 1872, 3195, 6586t Caesarean section 2612, 2662, 2698 caffeine consumption 2581, 3765 CAGE questionnaire 6450b, 6450 calamine 5763 calcific arteriography, renal disease 5748 calcineurin inhibitors adverse reactions 4890, 4890t hyperkalaemia 4761 renal disease 5010-11 CKD in pregnancy 2594t cutaneous lupus erythematosus management 5657 focal segmental glomerulosclerosis management 4926-27 frequently-relapsing minimal-change nephrotic syndrome management 4922 immunosuppression in transplantation 402 membranous nephropathy management 4932 minimal-change nephrotic syndrome management 4922 non proliferative lupus nephritis class I/II management 5004 post-lung transplantation 4299 postoperative renal transplantation management 5162t psoriasis management 5625 skin disease management 5764 transplant immunosuppression 404 calciotropic hormones, ectopic secretion 2543 calciphylaxis (calcific uraemic arteriopathy/small vessel calcification) 4849, 5712f, 5712 calcipotriol 5625, 5764 calcitonin bone resorption 4620-21 calcium/phosphate balance 4625 ectopic secretion 2547 medullary thyroid carcinoma 2461-62 normal blood values 6585t Paget's disease management 4642 pancreatic neuroendocrine tumours 2455 renal calcium handling 5094 calcitonin gene-related peptide (CGRP) 2867 antagonists,

migraine 5992, 5993t calcitriol (1,25-dihydroxy-vitamin D) 2322, 2327, 5094, 5625 calcium adult values 6581t balance in bone 4624f, 4624 bone mineralization 4624 cardiac myocyte contraction 3256f, 3263 deficiency, lactose intolerance 2905 ectopic secretion 2549 homeostasis 2314f, 2315t, 2316f malignant hyperthermia 6342 regulation in extracellular fluid 2314f, 2314 intracellular protein binding 211 metabolism 5013b, 5013, 5014t, 5497 pregnancy 2573 primary hyperparathyroidism 2321-22 pulmonary alveolar microlithiasis 4266-67 sarcoidosis 4214 secondary hyperparathyroidism in CKD-mineral bone disorder, 4850 small intestine absorption 2725t supplements chronic hypocalcaemia management 2327 CKD-mineral bone disorder management 4845 osteoporosis management 4701 supplements, PSC management 3139 urinary/faecal reference intervals 6587t

32 Index VOLUME 1 pp. 1-1634 VOLUME 2 pp. 1635-3238 VOLUME 3 pp. 3239-5166 VOLUME 4 pp. 5167-6654 calcium acetate, Canavan's disease management 6218, 6219f calcium antagonists chest pain in hypertrophic cardiomyopathy management 3476 exercise ECG testing 3313 hypertension management, contraindications 3767t hypertrophic cardiomyopathy management 3474-75 malignant hypertension management 3805 primary aldosteronism management 2355-56 stable angina 3623 calcium channel blockers (CCBs) anxiety disorders management 6505t aortic regurgitation management 3454 blood pressure control in diabetes nephropathy 4984 CKD in pregnancy 2594t hyperhidrosis management 5703 hypertension in diabetes 2525 hypertension management 3766t, 3767 ion movement inhibition 84 limb lymphoedema 3816 malignant hypertension management 3806t oedema management 3821 photoallergy 5692 poisoning by 1739 primary aldosteronism 3785 primary aldosteronism screening 2354 pulmonary arterial hypertension management 3705 renal disease, effects of 5156 STEMI/non-STEMI ACS 3652 systemic sclerosis management 4524t uncomplicated diverticular disease 2962 calcium entry blockers, ACS management 3634 calcium gluconate 2326-27, 2587 calcium oxalate 2174 calcium pyrophosphate crystal deposition 4488t, 4490, 4491f associated diseases/ disorders 4490 joint insult 4491 metabolic disease 4491, 4491t osteoarthritis 4491 classification 4490 familial predisposition 4490 clinical features 4490 acute type 4490 incidental findings 4490 osteoarthritis and 4490 uncommon presentation 4490 diagnosis 4492 differential diagnosis 4492 investigations 4492f, 4492 management 4493 acute attacks 4493 osteoarthritis and 4493 calcium stones 5098 calcium oxalate stones 2177, 5093, 5094t, 5096f, 5098, 5100f primary hyperoxaluria 2178 calcium phosphate stones 5093, 5094t, 5098-99, 5100f, 5101 environment 5098, 5099t genetics 5098, 5098t hyperoxaluria 5099 dietary hyperoxaluria 5099 enteric hyperoxaluria 5100 primary hyperoxaluria 5098t, 5100 hyperuricosuria 5101 hypocitraturia 5099t, 5101 idiopathic hypercalciuria 5099, 5099t management 5098 pathogenesis 5098 pathology 5098, 5100f prevention, trials in 5099t primary hyperparathyroidism 5099 see also nephrocalcinosis California encephalitis virus 855, 6084 Callilepis laureola (impila) poisoning, renal disease 5061 caloric restriction 515f, 515, 516f, 2384 calpainopathies 6323t, 6325, 6326b, 6326 CAMPATH-1 see alemtuzumab (CAMPATH-1) Campbell de Morgan spots (cherry angiomas) 5710, 5716 camphor 5763 Campylobacter infection 1039 clinical features 1039 acute bloody diarrhoea (dysentery) 3018 gastrointestinal system 3009t, 3011 reactive arthritis 3021 epidemiology 1039 laboratory diagnosis 1039 management 1039 pathogenesis 1039 transmission 3014t, 3015, 3016f Campylobacter jejuni infection 2920, 6190 CAMT, congenital thrombocytopenias 5335 Camurati-Engelmann disease (progressive diaphyseal dysplasia) 4657f, 4657 transforming growth factor beta superfamily 262-63 canakinumab 101t, 104 atherosclerosis regression 3601 cryopyrin-associated periodic

syndromes management 2214 gout management 4489 nomenclature 103t canakinumab pegol 101t Canavan's disease 1968, 1969f, 6210, 6218 treatment 6219f cancer 1896 apoptosis 279 breast see breast cancer causes see cancer aetiology cerebral metastases 491 childhood, later life, effects in 2697 diabetes insipidus 2280–81 diagnosis 487 circulating DNA 299, 300f, 301 early diagnosis 488 epidemiology 411 epilepsy 5866 genetics see cancer genetics hallmarks of 446f, 446 blood supply 447 cell cycle regulation 446 cell death 447 cellular energetics dysregulation 447 metastases 447 HIV/AIDS 3535 incidence community differences 412, 413t migrant groups 413, 414t pregnancy 2696 information and support 493 diagnosis 493 further stages 493, 494f investigations 489 biopsy 489 colonoscopy 2738f, 2738 imaging 489 molecular characterization 490 serum tumour markers 489 liver see liver cancer localized symptoms 488 management 490 chemotherapy see cancer chemotherapy genetic counselling 467 immunotherapy see cancer immunotherapy late sequelae 495t, 496 management aims 490 management modalities 491 multidisciplinary teams 490 pain 631t renal disease, effects of 5160 surgery 491 mass reduction, carcinoid syndrome management 2873 mortality 412f, 412 prevalence 487 oncological emergencies 492 patient groups 492 frail/elderly 492 inherited cancer 493 pregnancy 492 pregnancy see pregnancy presentation of 487 preventability 412 products, malignancy-associated renal disease 5042 protective factors 1896 regression, apoptosis 279 rickets 4638 screening 19, 142–43, 148 cost-effectiveness 489 small bowel imaging 2752, 2753f, 2754f staging 490 surviving 495 systemic features 488 acquired pernicious anaemia 5416 associated renal disease see malignancy-associated renal disease cerebral vasculitis 6380 C-reactive protein 2204 diarrhoea 2759t effusions 491 haemoptysis 3948t hyperfibrinolysis 5555 hyperthyroidism 2318b, 2324 inflammatory myopathies 4541 liver disease 3177 neutropenic sepsis 492 pain 630 palmoplantar keratosis 5610 pleural effusions 4311 PSC in 3140 systemic sclerosis 4516 upper airway obstruction 4045, 4046f vasculitis 5650 Wiskott–Aldrich syndrome 354 urinary tract obstruction 5125 vaccines 474, 475f cell-based vaccines 476 dendritic-cell-based vaccines 474 peptide-based vaccines 475 viral vector-based vaccines 476 cancer aetiology 415 agent interaction 424, 425t alcohol 418, 6488 mortality 425t avoidable causes 416 biological causes 415 age 415 genetics 415 sex 415 causal factors 1896, 1897t diet 423 carcinogens 423 fibre 423 meat and fat 423 mortality 425t overnutrition 423 retinoids and carotenoids 423 diphtheria 961f, 961, 962f folate deficiency 5414t, 5419 gastrointestinal tract immune deficiencies 2790 human polyomaviruses 885 immunosuppression 414 infections 419 bacterial infection 419 mortality 425t parasitic infections 420 viral infection see viral infections inherited see cancer genetics ionizing radiation 418 mortality 425t medical drugs 420, 421t mortality 425t multistep pathway 459 mutations see DNA mutations obesity 6530 occupation 420, 422t mortality 425t physical inactivity 424

Index 33 VOLUME 1 pp. 1–1634 VOLUME 2 pp. 1635–3238 VOLUME 3 pp. 3239–5166 VOLUME 4 pp. 5167–6654 pollution 420 mortality 425t post-lung transplantation 4302 reproductive factors 424 tobacco 416 geography 417t mortality 425t ultraviolet radiation 419 mortality 425t see also carcinogenesis cancer-associated retinopathy (CAR) 6425 cancer chemotherapy 498 acute myeloid leukaemia management 5208 adverse reactions eye diseases/disorders 6439 gonadal failure association 2548 oesophageal disease 2846 steatohepatitis 3164 AL amyloidosis management 2232, 5019 alkylating agents 500f, 500 antimetabolites 500, 501f breast cancer adjuvant management 506 breast cancer metastatic disease 507 cancer aetiology 420 cancer in pregnancy 2696–97 carcinoid syndrome management 2873 cell-cycle phase specificity 498, 498t classification 498 cytokines 473 cytotoxic antibiotics 500, 501t Entamoeba histolytica infection management 1390 Ewing sarcoma management 4711 hair, effects on 5730 hormone therapies 500 androgen

receptor antagonists 501 aromatase inhibitors 501 exogenous hormones 502 gonadotrophin production inhibitors 502 oestrogen receptor modulation 501 intracranial tumours management 6053 late effects 504 leprosy management 1164f, 1164, 1164t leukaemia epidemiology 444 localized muscle-invasive bladder cancer management 5139 lymphatic filariasis 1494 mechanism of action 498 metastatic breast cancer 507 metastatic muscle-invasive bladder cancer management 5140, 5140t mitotic spindle agents 500 monoclonal Ig-dependent diseases management 5021 nausea and vomiting 635 neutropenic enterocolitis 2791–92 non-small cell carcinoma management 4354 pancreatic ductal adenocarcinoma management 3233 platinum compounds 500 pleural mesothelioma management 4365 primary myelofibrosis management 5252 radiation pneumonitis 4271 renal disease in myeloma 5020 small-cell lung cancer management 4355 stomach cancer 2984 targeted therapies 502, 502t angiogenesis inhibitors 502, 503t immunomodulatory agents 503 nomenclature 502t proteasome inhibitors 502 signal transduction inhibitors 502 topoisomerase inhibitors 500 cancer chemotherapy acute myeloid leukaemia management 5207 cancer genetics 456, 493 cancer types 462 chromosome fragility syndromes 466 dominant inheritance 457 gene identification 459 associated risks 460, 461t association studies 460 cytogenetics 459 direct sequencing 460 linkage analysis 460 phenotypic features 460 whole genome sequencing 460 historical perspective 457, 458t, 459f identification 467 at-risk family identification 468 genetic testing 469 risk assessment 467 screening 468 management 467 lifestyle changes 468 management options 469 prevention strategies 468 mechanism of action 459 predisposition 462 predisposition mechanisms 457 rare syndromes 458t, 463 hereditary retinoblastoma 463b, 463 X-linked inheritance 457–59 Cancer Genome Anatomy Project 453–54 Cancer Genome Atlas (TCGA) 68–69, 449–50 cancer immunotherapy chimeric antigen receptor T cells 477, 479f clinical considerations 478 generation of 477–78 mechanism of action 477 combination therapies 484 checkpoint blockade and VEGF- targeted agents 484 CTLA4 and PD-1 blockade 485 cytotoxic T lymphocyte antigen-4 blocking 479 adverse reactions 481 clinical considerations 480 mechanism of action 479 toxicity 481 future work 485 immune agonists 484 programmed death-1 blocking 481 adverse reactions 483 clinical considerations 482 development of 481 mechanism of action 481 toxicity 483 T-cell redirecting engineered antibodies 478 clinical considerations 478 mechanism of action 478 cancer-induced bone pain (CIBP) 629, 630 cancrum oris 2813 candesartan 3766t, 5993t, 6001 candidaemia 1345f, 1353b, 1353 Candida infections see candidiasis candida intertrigo 1343 candidiasis diabetes complications 2504 cutaneous infections 5747 endocarditis 3528 infective oesophagitis 2836t keratitis 6423 liver disease 3175 oral candidiasis (thrush) 1343 renal transplant immunosuppression 4894 potentially malignant oral lesions 2805 pregnancy 2685t severe/difficult-to-treat asthma 4092 skin disorders, pregnancy 2650 superficial see superficial candidiasis systemic 1353 aetiology 1353b, 1353 candidaemia 1345f, 1353b, 1353 clinical features 1353 deep focal candidiasis 1354 disseminated candidiasis 1353, 1354 endocarditis 1354 epidemiology 1353 laboratory diagnosis 1344f, 1353 management 1354 urinary tract infection 1354 UTI 5091 CANDLE 2208t cannabis adverse reactions, male reproductive disorders 2393t poisoning 1748 spasticity in spinal cord injury 6144 substance misuse 6491 cantharisis, nonvenomous arthropod infestations 1579f, 1579 capacity 3161, 6457 functional capacity 3861 critical care surgery 3862 see also competence capecitabine 2981, 2994, 3233 capillariasis 1509, 2920t Capital in the Twenty-first Century (Piketty) 163 Caplan's syndrome, coal workers pneumoconiosis 4223f, 4223 capnography, acute respiratory failure 3871 capsaicin 4479t, 5159t capsule colonoscopy 2737 capsule endoscopy 2749 acute lower gastrointestinal bleeding management 2781 angiodysplasia 2754 small intestinal lymphangiectasia 2974 captopril 2354, 3766t, 3805, 3824–25 CARASIL 6204f, 6246

carbamate insecticide poisoning 1758 carbamazepine adverse reactions syndrome of inappropriate antidiuresis 2551 alcohol withdrawal management 6489 bipolar disorder management 6500 chorea in acute rheumatic fever management 3517 diabetic neuropathy management 2522 epilepsy management 5872, 5873t monitoring 5876–77 hormonal contraceptive interactions 2716 mechanism of action 5871 multiple sclerosis management 6035 neuroacanthosis management 6251–52 normal blood values 6588t poisoning by 1735 renal disease, effects of 5159 seizure management in acute porphyria 2051–52 trigeminal neuralgia management 6123 carbamoyl-phosphate synthase deficiency, urea cycle defects 1949t, 1953 carbamylation, glomerular filtration rate measurement 4790 carbidopa 604, 1977, 3824–25, 5953 carbimazole 2298, 2638, 2710 carbohydrate(s) acute porphyria management 2050–51 artificial nutrition requirements 1918 dietary change 1899 diet, diabetes management 2489 digestion 2902 luminal phase 2902, 2903f mucosal phase 2902 eye diseases/disorders 6437 malabsorption in diarrhoea 2759t metabolism 1841 diabetes mellitus type 1 2472f, 2480

34 Index VOLUME 1 pp. 1–1634 VOLUME 2 pp. 1635–3238 VOLUME 3 pp. 3239–5166 VOLUME 4 pp. 5167–6654 glucose metabolism see glucose metabolism insulin 2472f, 2472 lactate and ethanol metabolism 1842f, 1842 lipid metabolism interactions 1846 liver 3039, 3040f pregnancy 2567, 2572 stores of 1839, 1840t metabolism disorders 1985 galactose see galactose metabolism disorders glycogen storage diseases see glycogen storage diseases (GSDs) restriction, hypoglycaemia 2538 carbohydrate intolerance 2903, 2903t lactose see lactose intolerance management 2906 dietary exclusion 2904b, 2906 disaccharide replacement 2907 intestinal biome manipulation 2907 carbon dioxide airway smooth muscle 3943 poisoning 1764 respiratory acidosis/alkalosis 2185 carbon disulphide 1764, 6188 carbonic anhydrase 2 deficiency 4659 carbonic anhydrase deficiency 1954, 4616 carbon monoxide (CO) ambient (outdoor) air pollution 1681 intoxication, polycythaemias 5231 poisoning 1764 uptake, respiratory function tests 3961, 3961t, 3962t carbon skeleton metabolism, protein metabolism 1848f, 1849 carboplatin 500, 5148t carboxyhaemoglobulinaemia 5450 carboxylase deficiencies 1949t, 1964, 1965f biotinidase deficiency 1949t, 1955f, 1965, 1966f holocarboxylase synthetase deficiency 1949t, 1966 carbuncles, *Staphylococcus aureus* infection 996, 997f, 998t carcinoembryonic antigen (CEA) 489, 6585t carcinogenesis adverse drug reactions 90 apoptosis 279f, 279 see also cancer aetiology carcinoid crisis 2871, 2873 carcinoid syndrome 2870 biochemistry 2871f, 2871 clinical features 2870 breathlessness 2871 carcinoid crisis 2871 chronic heart failure 3410t diarrhoea 2871 flushing 2870 heart disease 2871 pellagra 2871 complication management/ avoidance 2874 bony metastases 2874 heart disease 2874 vitamin supplements 2874 investigations 2872 biochemical tests 2872 cardiac disease screening 2873 histopathology 2872 radionuclide imaging 2872f, 2872 structural imaging 2872f, 2872 malabsorption 2876t management 2873 carcinoid crisis 2873 chemotherapy 2873 interferon- $\alpha$  2873 peptide receptor radionuclide management 2873 somatostatin analogues (SSTA) 2873 symptomatic management 2873 tumour mass reduction 2873 prognosis 2874 carcinoma erysipeloides (carcinoma telangiectasia) 5721f, 5721 cardiac action potential 3259, 3259t, 3260f, 3261t membrane potential 3259 ion channels 3259 origins of 3259, 3259t phase 0 3259, 3259t, 3260f phase 1 3260f, 3260 phase 2 3260f, 3260 phase 3 3260f, 3260, 3261t phase 4 3260f, 3262 regional variations 3261t, 3262f, 3262 cardiac arrest 3839 acute presentation 6591 advanced life support 3840 see also advanced life support (ALS) audit 3848 cardiopulmonary resuscitation 3840 see also cardiopulmonary resuscitation (CPR) Chain of Survival 3839f, 3839 critical care in pregnancy 2704, 2704t epidemiology 3839 future work 3848 historical perspective 3839 long-term management 3847 electrophysiological assessment 3847

rehabilitation 3847 organ donation 3847 post-resuscitation care 3845 ABCDE approach 3845 see also ABCDE approach brain imaging 3845 cerebral perfusion 3845 glucose control 3845 sedation 3845 seizure control 3845 temperature control 3845 prevention 3840 prognosis 3846, 3847f outcome prediction 3846 survival 3846 cardiac arrhythmias 3350 accelerated idioventricular rhythm 3385 acute porphyrias 2039 atrial arrhythmias 3367 see also atrial fibrillation atrial flutter 3368b, 3375, 3377f causes 3366 extrasystoles 3366 chest pain at rest 3277 CKD 3423f, 3425t, 3426 definitions 3352 diagnosis 3837t dilated cardiomyopathy 3479 Ebstein anomaly 3568 essential hypertension pathophysiology 3750 exercise ECG testing 3313 Fabry's disease 2144 genetic syndromes 3385 genetic testing 3388 heart muscle disease 3388 see also arrhythmogenic right ventricular cardiomyopathy; dilated cardiomyopathy (DCM); hypertrophic cardiomyopathy (HCM) ion channel disease 3385 see also Brugada's syndrome; catecholaminergic polymorphic ventricular tachycardia (CPVT); short-QT syndrome HIV/AIDS 3537 investigations 3352 cardiac electrophysiology 3353f, 3353 ECG 3352, 3352t long-QT syndrome 3384 management dilated cardiomyopathy management 3482 hypertrophic cardiomyopathy 3476 pre-excitation syndrome (Wolff-Parkinson-White syndrome) 3379f, 3379, 3380f symptoms 3352 torsades de pointes 3384 ventricular fibrillation 3385f, 3385 ventricular pre-excitation, management 3380f, 3380, 3381 see also bradycardias; tachycardias cardiac catheterization/ angiography 3339 aortic regurgitation 3454 aortic stenosis 3450 atrial septal defects 3572 atrioventricular septal defects 3575 cardiac flow and output 3342f, 3342 cardiovascular changes pregnancy 2598 complications 3348, 3349t constrictive pericarditis 3506 coronary arterial anatomy and function 3346 coronary arteriography/ angiography 3346f, 3347f, 3347 coronary physiological measurements 3347 dilated cardiomyopathy 3481 Eisenmenger's syndrome 3566 history of 3339 hypertrophic cardiomyopathy 3474 indications 3339 congenital disease 3340 congestive heart failure 3340 coronary artery disease 3339 pericardial disease 3340f, 3340 pulmonary vascular disease 3340 valvular disease 3339 intracardiac pressures 3341 methodology 3341 normal pressure 3341, 3341t waveform 3340f, 3342 intracardiac shunts 3343, 3344f intravascular ultrasound 3347, 3348f left heart catheterization 3341 left ventricular function 3345 contractility 3346 diastolic function 3346 global function 3345f, 3345 mitral regurgitation 3445 mitral stenosis 3440 patient preparation 3340 quantitative angiography 3343 right heart catheterization 3341 tetralogy of Fallot 3585 valvular regurgitation 3345 vascular access 3340 vascular resistance 3343, 3344f, 3344t vascular stenosis 3344, 3345f, 3345t cardiac computed tomography 3335 clinical uses 3336 coronary angiography 3336f, 3337f, 3337 coronary calcium scoring 3336 limitations 3336b see also computed tomographic coronary angiography (CTCA) cardiac cycle 3264, 3265f bundle of His 3264-65 cardiac disease acute abdomen 2769 acute-on-chronic liver failure 3094 AL amyloidosis 2221 ANCA-associated vasculitis 4564 Becker's muscular dystrophy 6280 brucellosis 1105, 1107f carcinoid syndrome 2871 carcinoid syndrome management 2874 clinical presentation 3276 breathlessness (dyspnoea) see breathlessness (dyspnoea) chest pain see chest pain diagnosis, history 3276-77 differential diagnosis vs. 3276 endocrine disorders 3496 epidemiology trials 64f, 64, 65f hypereosinophilic syndrome 5257 hypertension pathophysiology 3749, 3750f

Index 35 VOLUME 1 pp. 1-1634 VOLUME 2 pp. 1635-3238 VOLUME 3 pp. 3239-5166 VOLUME 4 pp. 5167-6654 infections see also acute rheumatic fever; cardiovascular syphilis; endocarditis inherited metabolic disorders 3497 investigations 3277 iron overload management 5398 liver disease and 3170 malformations in antenatal screening 144t neuromuscular disorders 3497, 3498t

polyarteritis nodosa 4571 pregnancy see pregnancy sarcoidosis 4210t, 4213 screening, carcinoid syndrome 2873 Sjögren's syndrome 4533 tumours see cardiac tumours cardiac failure see heart failure cardiac genetic disease 3551 connective tissue disorders 3554 Ehlers–Danlos syndrome see Ehlers–Danlos syndrome (EDS) Loeys–Dietz syndrome 3556f, 3556 Marfan's syndrome see Marfan's syndrome syndromic congenital heart disease 3552 aneuploidy disorders 3552 heart-hand syndromes 3554 Mendelian syndromes 3552 cardiac glycosides 84, 1830f, 1830, 5153, 6439 cardiac hypertrophy 2144, 2148 cardiac magnetic resonance imaging (CMR) 3331 applications 3332 anatomy 3332 arrhythmogenic right ventricular cardiomyopathy 3486, 3487f blood flow 3332 cardiac myxoma 3546, 3547f chronic heart failure 3409 coarctation of the aorta 3576, 3577f, 3577 congenital heart disease 3332 coronary arteries 3334 dilated cardiomyopathy 3481 hypertrophic cardiomyopathy 3474 iron overload 3334 myocardial function and mass 3332f, 3332 myocardial oedema 3334 myocardial perfusion 3334f, 3334 myocardial viability 3333f, 3333 myocarditis 3462–63 nonischaemic cardiomyopathies 3333f, 3333 disease prognosis 3335 mechanism of action 3331 nuclear imaging vs. 3331 perfusion imaging, stable angina 3620 phase contrast mapping 3332 safety 3331 steady state free precession images 3331 T1 and T2 parametric mapping 3334, 3335f cardiac myocytes 3255 connections between 3257, 3258f contractile apparatus structure 3255f, 3256 costameres 3256 intermediate filaments 3256 plasma membrane skeleton 3256 sarcomeres 3255–56 thick filaments (myosin) 3256f, 3256 thin filaments (actin) 3256f, 3256 contraction 3262 control by Ca<sup>2+</sup> 3256f, 3263 excitation–contraction coupling 3257f, 3260f, 3262 myofibrillar contraction mechanisms 3256f, 3263f, 3263, 3264f termination 3264 contraction termination Na<sup>+</sup>/Ca<sup>2+</sup> exchanger 3260f, 3261t, 3264 Na<sup>+</sup>/K<sup>+</sup> -ATPase 3264 sarcoplasmic/endoplasmic reticulum ATPase type 2 3257f, 3264 morphology 3255 plasma membrane currents 3261t plasma membrane–sarcoplasmic reticulum coupling 3257f, 3257 subtypes 3257 cardiac myxoma 3544 clinical features 3545 differential diagnosis 3545 epidemiology 3544 investigations 3545 echocardiography 3545, 3546f management 3546 pathology 3544 physical signs 3545 prognosis 3546 cardiac output (CO) cardiac catheterization and angiography 3342f, 3342 cardiorenal syndrome 3423, 3424f circulatory support 3885 dye dilution 3343f, 3343 hypertension 3742 oximetry 3342, 3343f Paget's disease 4640 pregnancy 2564f, 2564, 2597–98 pregnancy in 2563 stroke volume 3274 thermodilution 3343 cardiac pacing procedures 6646, 6647t external (transcutaneous) pacing 6646 percussion pacing 6646 transcutaneous pacing 6647 transvenous pacing 6647, 6648f, 6648t cardiac physiology 3253 action potential see cardiac action potential cardiac myocytes see cardiac myocytes coronary blood flow 3272 function regulation 3268 heart rate 3272 outflow resistance to afterload 3269f, 3269 see also systemic arterial blood pressure regulation venous return, preload and Frank–Starling relationship 3268f, 3268 nervous system and 3273 autonomic efferent activity 3273 cardiac reserve 3257f, 3274 sympathetic nervous system 3273 whole organ physiology 3264 cardiac cycle 3264, 3265f mechanical events 3265f, 3265, 3266f myocardial mechanics 3267f, 3267, 3267t myocardial metabolism 3268 normal volumes/pressures/ flows 3266, 3267t cardiac reserve 3257f, 3274 provocative test of 3410 training effects 3274 cardiac resynchronization therapy (CRT) 3359 chronic heart failure management 3414f, 3417 cardiac sarcoidosis 3466 cardiac sarcoma 3548, 3549f cardiac surgery acute renal failure 3668f, 3668 assessment 3667 operative risks 3667 complications 3672 atrial fibrillation 3672 conduction defects 3672 mortality 3672 neurological injury 3672 paravalvular leak 3673 pericardial effects 3672 pleural effusion 3672 prosthetic valve endocarditis 3673 prosthetic valve thrombosis 3673 sternal wound complications 3672 structural valve deterioration 3672 thromboembolism 3672 historical aspects 3667 pregnancy in 2599 see also coronary artery bypass grafting (CABG); heart valve surgery cardiac

syncope 3285b, 3285, 3286f, 3289, 5898 epilepsy vs. 5867 cardiac tamponade acute presentation 6604 diagnosis 3837t obstructive shock 3888 cardiac transplantation 3428 complications 3430 cardiac allograft vasculopathy 3430f, 3430, 3431b hyperlipidaemia 3430 renal dysfunction 3430 dilated cardiomyopathy management 3482 liver transplantation and 3103 lung transplantation and 4295 pulmonary arterial hypertension management 3706 post-transplantation 3429 immunosuppression 3429b, 3429 recipient selection 3428, 3431b donor-recipient matching 3429 cardiac tumours 3544 benign tumours 3548 cardiac myxoma see cardiac myxoma involvement from other tumours 3549 liver disease 3170 cardiogenic anasarca 3403 clinical presentation 3403 differential diagnosis 3403, 3403t, 3404t investigations 3403 management 3404 pathophysiology 3403 cardiogenic pulmonary oedema 3399 clinical presentation 3399, 3401t investigations 3400, 3401f, 3402f management 3401 mechanical support 3402 medical management 3401 ventilatory support 3401 pathophysiology 3399f, 3399 pregnancy 2616 prognosis 3402 cardiogenic shock 3406, 3887 cardiomyopathy dilated see dilated cardiomyopathy (DCM) hypertrophic see hypertrophic cardiomyopathy (HCM) Noonan's syndrome 3553 peripartum see peripartum cardiomyopathy pregnancy in 2600 restrictive see restrictive cardiomyopathy sarcoidosis 4213 cardiopulmonary exercise testing (CPET) 3862-63, 3967f, 3968, 3969, 3969t Ebstein anomaly 3569 Eisenmenger's syndrome 3566 cardiopulmonary resuscitation (CPR) 3840, 3841b drugs 3844 extracorporeal CPR 3844 mechanism of action 3840, 3842f related decisions 3848 renal disease, effects of 5157 rescuer, risks to 3840 cardiorenal syndrome 3421 adverse reactions 3424, 3425t definition 3422, 3422t

36 Index VOLUME 1 pp. 1-1634 VOLUME 2 pp. 1635-3238 VOLUME 3 pp. 3239-5166 VOLUME 4 pp. 5167-6654 epidemiology 3422, 3422t haemodynamic effects 3423, 3424f management 3427, 3427t nephrotoxicity 3424, 3425t cardiotoxic plants see poisonous plants cardiovascular disease (CVD) acquired pernicious anaemia 5416f, 5416 acute coronary syndrome see acute coronary syndrome (ACS) apoptosis 278 arterial disease 3674 see also acute aortic syndrome; cholesterol embolism; peripheral arterial disease assessment, hypertension investigations 3760 autosomal dominant polycystic kidney disease 5067 biomarkers in pneumonia 4018 COPD 4136 C-reactive protein 2206 diagnosis 3837t diphtheria 962, 963f haemoptysis 3948t HIV/AIDS antiretroviral management 924 hypertension 3735 see also essential hypertension investigations CT see cardiac computed tomography echocardiography see echocardiography electrocardiography see electrocardiography (ECG) MRI see magnetic resonance imaging (MRI) nuclear imaging see nuclear imaging liver disease 3170 management herbal formulas 114, 115f renal disease, effects of 5153 Marfan's syndrome 4681 neurological disorders 6369 obesity 1908 obstructive sleep apnoea 4054 oral hypoglycaemic agent adverse reactions 2495 osteoarthritis 4476 polycystic ovary syndrome 2383 polycythaemias 5230 post-liver transplantation 3105 pulmonary circulation see pulmonary circulation smoking 6534 spinal cord injury 6138, 6142 vascular Parkinsonism 603-4 venous thromboembolism 3711 prognosis 3712 see also acute pulmonary embolism; deep vein thrombosis (DVT) Cardiovascular Health Study (USA), heart failure 3393-94 Cardiovascular Outcomes in Renal Atherosclerotic Lesions (CORAL) study 5047-48 cardiovascular syphilis 3539 clinical presentation 1217, 3539 aortic regurgitation 3540f, 3540 coronary ostial stenosis 3540 syphilitic aneurysm 3540 diagnosis 1220, 3540, 3541f differential diagnosis 1218 HIV/AIDS 3541 investigations 3540 medical management 3542 pathogenesis 3539 pathology 3539 surgery 3542f, 3542 cardiovascular system ACS management 3651, 3651t, 3652t alcohol abuse 6487 anaemia 5361f, 5362 anaphylaxis 3852t, 3854 cardiac physiology see cardiac physiology chronic renal failure complications 4855-56t classic myotonic dystrophy type 1 6332 confusion assessment 6456 diagnosis of death 6542

drowning 1694 electrical injuries 1699 examination, falls in elderly 583 exercise testing 3966 hypertension management 3775 Kawasaki's disease 4593 lightning 1698 malnutrition emergency management 1881t management, nonalcoholic fatty liver disease in 3152 occupational disease 1647 Parkinson's disease 608 polycystic ovary syndrome 2383 pregnancy see pregnancy pseudoxanthoma elasticum 4682 rabies 812, 814f reductive adaptation 1885 respiratory disease 3954, 3954t rheumatoid arthritis 4426, 4427t sport and exercise medicine 6568, 6569t structure and function 3241 systemic lupus erythematosus 4507 systemic sclerosis management 4528 cardioversion, tachycardia management 3364 cardiovirus 954 carditis 1183, 3512 care after death 645, 646b care bundle approach, acute exacerbations of COPD 4139f, 4139-40 carfilzomib 5318 carmustine (BCNU) adverse reactions eye diseases/disorders 6439 nodular regenerative hyperplasia 3164 cancer aetiology 421t drug-induced alveolar disease 4278 drug-induced pulmonary vasculature 4280 intracranial tumours 6053 Carney's complex (CNC) 2335f, 2335, 2462, 3544 carnitine deficiency 6309f, 6338 glutaric aciduria type I management 1963 isovaleric aciduria (isovaleryl-CoA deficiency) 1956 protein-dependent inborn errors of metabolism emergency management 1947 protein-dependent inborn errors of metabolism management 1946-47 carnitine palmitoyltransferase deficiency 6338  $\beta$ -carotene 423-24, 2050 carotenoids 423 carotid artery disease 3668, 6559 carotid body ablation, hypertension management 3775 carotid bulb expansion, hypertension management 3775 carotid endarterectomy, ischaemic stroke 6019 carotid sinus hypersensitivity 6161- 62, 6164f syncope vs. 3285 carotid sinus syncope, epilepsy vs. 5867 carotid sinus syndrome (CSS) 584 carp gallbladder ingestion 1803 renal disease 5061 carpal tunnel syndrome 6182, 6193 diabetic neuropathy 6371 nerve conduction studies 5798-99 normal pregnancy 2579 pregnancy 2647t thenar wasting 6182-83, 6183f cartilage 4379 biology 4381 collagen 4381f, 4381 development 4380 extracellular matrix 4377, 4380f glycosaminoglycans 4381 metabolism 4381 proteoglycans 4381 structure 4380f carvedilol 3076, 3415-16, 3446 CASPAR (Classification criteria for psoriatic arthritis) 4451 caspases 267-68, 269f, 269t cell-cycle proteins 270 cell death 277 cryopyrin-associated periodic syndromes 2213-14 cytoskeletal proteins 269 DNA damage and repair 270 inhibitor activation 275 mechanism of 268 nonapoptotic roles 269t, 270 proteases and 268 protein kinases 269 see also apoptosis Castleman's disease (angiofollicular lymph node hyperplasia) 5301 HIV/AIDS 918 human herpesvirus 8 infection 752 catamenial pneumothorax 4325 cataplexy differential diagnosis epilepsy 5868 syncope 5900 narcolepsy and see narcolepsy cataracts 6400, 6401t Cushing's syndrome 2337 diabetic eye disease 2518 elderly 581 galactokinase deficiency 2004 myotonic dystrophy type 1 6332 catecholaminergic polymorphic ventricular tachycardia (CPVT) 3388 catecholamines analysis, phaeochromocytomas 3792 diabetes mellitus type 1 2480 heart failure 3271 hypoglycaemia in diabetes mellitus 2534 phaeochromocytomas 3789, 3790f, 3792 secretory pathways 2247 catechol-O-methyltransferase (COMT) 3790f, 3792 cathinones, poisoning 1748 cat-scratch disease (CSD) 1267f, 1267, 1271 causalgia, skin manifestations 5713 caustic ingestion, oesophageal disease 2846 cavernous malformations, primary intracerebral haemorrhage 6023 cavitation dental caries 2798-99 Mycobacterium tuberculosis infection diagnosis 4028f, 4028-29 pneumonia 4020 pulmonary lesions, chest radiography 3988, 3989f CC chemokines 313 C chemokines 313 CCK see cholecystikinin (CCK) CD4+ T cells (helper T cells) 326, 473 antigen presentation to 327f, 327 MHC class II 327 antigen recognition 328f atopic dermatitis/eczema 5634 coeliac disease 2886 Crohn's disease aetiology 2925, 2926 function 332 hepatitis B 3043-44 hepatitis C 3044 hypersensitivity pneumonitis 4252 inflammatory myopathies 4538-39 MHC recognition 474 reactive arthritis 4465-66 rheumatoid arthritis 4424 rheumatoid arthritis pathogenesis 4424 transplantation 396,

397f, 397-98, 399 CD8+ T cells (cytotoxic T cells) 326, 473 antigen presentation 326, 327f MHC class I binding 326

Index 37 VOLUME 1 pp. 1-1634 VOLUME 2 pp. 1635-3238 VOLUME 3 pp. 3239-5166 VOLUME 4 pp. 5167-6654 peptide transport 326 proteasome 326 antigen recognition 328f apoptosis and immunity 278 cancer immunity 473 diabetes mellitus type 1 2477 function 332 hepatitis B 3043-44 hepatitis C 3044 hypersensitivity pneumonitis 4252 MHC recognition 474 primary biliary cholangitis 3129-30 reactive arthritis 4465-66 skin 5593 skin hyperpigmentation 5680 systemic vasculitis 4990-91 transplantation 396, 399 CD28 277-78, 396 CD34 3186, 5176-77 CD40 deficiency 355, 396 CD40L deficiency, hyper IgM syndromes 355 CD56 310 CD154 (CD40L), transplant rejection 396 Cedar Sinai Hospital, MPS study 3329f, 3329 cediranib 503t ceftriaxone 1608, 2683, 2684 cell(s) 209 cytoplasm 210 cytoskeleton 211f, 214 actin filaments 214-15 intermediate filaments 214 microtubules 214 death atherosclerotic plaques 3599 cancer 447 caspases 277 neurodegenerative disorders 601 division DNA mutations in cancer 447 multiple endocrine neoplasia type 1 2460 selenium 1877 dynamic cells 215 alternative splicing 216 biological membranes 215, 216f differential gene expression 215 post-transcriptional gene silencing 217 post-translational modifications 216 endocytosis see endocytosis endosomes 214 recycling endosomes 214 future developments 217 integral membrane proteins 210 lipid bilayers 210 macromolecular crowding 210 next-generation sequencing 67 organelles 210, 211f endoplasmic reticulum 211f, 211 Golgi apparatus 212 lysosomes 212, 213f mitochondria 210, 211 nucleus 210 peroxisomes 211 plasma membranes 209f, 209 prokaryotes vs. eukaryotes 209 transcription 210 translation 210 cell-based therapies Becker's muscular dystrophy management 6281 cancer vaccines 476 Duchenne's muscular dystrophy management 6281 inborn errors of metabolism management 1936 iron overload 5400 cell cycle inhibitors, post-lung transplantation 4299 cell-cycle phase specificity, cancer chemotherapy 498, 498t cell-free DNA 454f, 454 cell membranes crystal-related inflammation 4484 glycoproteins 210 ion channels 247 potential difference, ion channels 247 proteins 210 raft domains 215 cellular immune response abnormalities, PSC 3136 autoimmune rheumatic disorders 4497-98 deficiencies in 340t reactive arthritis 4465-66 cellulitis (erysipelas) 3817 bacterial infections 5696 dental caries 2799-800, 2800f gout 4485 Haemophilus influenzae type b 1069 secondary lymphoedema 3816 skin diseases/disorders 5720 Staphylococcus aureus infection 996, 997t Streptococcus pyogenes infection 969f, 969 centipedes and millipedes (Myriapoda) 1813f, 1813 central diabetes insipidus 4743, 4746 central nervous system (CNS) ANCA-associated vasculitis 4564 brain see brain cancer see central nervous system cancer classic myotonic dystrophy type 1 6332 cystic fibrosis 4163 degeneration, apoptosis 279 developmental abnormalities see central nervous system developmental abnormalities directed prophylaxis, acute lymphoblastic leukaemia management 5275 electrophysiology 5786 see also electroencephalography (EEG) hypernatraemia 4742 infections actinomycoses 1174 anaerobic bacterial infections 1057 bacterial infection see bacterial meningitis coccidioidomycosis 1364 extrapulmonary tuberculosis 4028 herpes simplex virus management 740 lumbar puncture 5781 tuberculoma 1137 normal development 6351, 6352f superficial siderosis 6375 central nervous system cancer CSF 5784t epidemiology 440, 441f lymphomas chemotherapy 6053 intracranial tumours 6050f, 6050-51 central nervous system developmental abnormalities 6350 associated clinical problems 6362 external factors 6363 see also cerebral palsies fetal cerebral ventriculomegaly 6362 hydrocephalus 6362f, 6362 complex malformations 6360 corpus callosum agenesis 6360 hydranencephaly 6361 porencephaly 6361f, 6361 schizencephaly 6361f, 6361 septo-optic dysplasia 6362 cortical development disorders 6355, 6356f cortical microdysgenesis

(dysplasia) 6358f, 6358 cortical organization disorders 6358 migration disorders 6356f, 6356 see also lissencephaly proliferation disorders 6355 see also macrocephaly; microcephaly diagnosis 6365 genetic counselling 6365, 6367 neural tube formation see neural tube defects (NTDs) posterior fossa structure malformation 6358 cerebellar aplasia 6359f, 6359 cerebellar hypoplasia 6359f, 6359 Chiari malformation 6359 vermis abnormalities 6359 see also Dandy–Walker malformations; Dandy–Walker variant; Joubert syndrome prenatal diagnosis 6367 regionalization disorders 6354 holoprosencephaly (prosencephaly) 6355f, 6355 risk assessment 6367 spinal cord developmental abnormalities 6354 sacral agenesis 6354 syringomyelia 6353f, 6354 vascular development anomalies 6362 central neurofibromatosis type 2 (NF-2) 5918 central pontine myelinolysis 6039 neurological disorders 6372 central precocious puberty (CPP) 2431 central retinal artery occlusion 6413, 6414f, 6415f central retinal vein occlusion (CRVO) 6408t, 6414–16 central sleep apnoea 4050, 4056 central vein cannulation, procedure 6644 centriacinar (centrilobular) emphysema, COPD 4106–7 centromeres 219, 229 CEP see congenital erythropoietic porphyria (CEP: Günther’s disease) cephalic tetanus 1111–12, 1112f cephalosporins acute osteomyelitis management 4693 gonorrhoea resistance 1591–92 HACK endocarditis management 3529 indications 1006t peritonitis in peritoneal dialysis 4877 toxicity 1006t cercariae, schistosomiasis 1541f, 1541 cercarial dermatitis (swimmer’s itch) 1544 cercopithecine herpesvirus 1 (herpes B virus) infection 752 aetiology 752 clinical features 752 epidemiology 752 laboratory diagnosis 753 management 753 prevention and control 753 cerebellum 5938 disorders abscesses 6099 aplasia 6359f, 6359 ataxia see ataxia ataxia in pyruvate dehydrogenase deficiency 2010 degeneration in alcohol abuse 6488 dysarthria 5940 hypoplasia 6359f, 6359 functional anatomy 5938 pontocerebellum 5939f, 5939 spinocerebellum 5938, 5939 vestibulocerebellum 5938, 5939 function/dysfunction 5939 gross anatomy 5938 cytoarchitecture 5938f, 5938 cerebral abscesses 3562, 5814 cerebral amyloid 2223, 5855 see also amyloidosis cerebral aneurysms, pregnancy 2646 cerebral angiography imaging 5805 cerebral arteriovenous malformations 6022 cerebral autosomal dominant arteriopathy with subcortical infarcts and leucoencephalopathy (CADASIL) 5854–55, 6034–35, 6246, 6247f

38 Index VOLUME 1 pp. 1–1634 VOLUME 2 pp. 1635–3238 VOLUME 3 pp. 3239–5166 VOLUME 4 pp. 5167–6654 cerebral cavernomas 6362 cerebral circulation 6012f, 6012 diagnosis of death 6542 cerebral degeneration 6488 cerebral demyelination complication, hyponatraemia management 4737 cerebral infarction classification 6016 diagnosis 6015 differential diagnosis 6015, 6016f essential hypertension pathophysiology 3750 management 6018 anticoagulants 6018 antiplatelet agents 6018 neuroprotective agents 6018 stroke units 6018 surgery 6017t, 6019 thrombectomy 6018 thrombolysis 6018 syndromes 6017 see also stroke cerebral ischaemia, investigations 6014, 6015b cerebral malaria 1404, 1406f cerebral oedema diabetic ketoacidosis management 2508 hepatic encephalopathy type A 3086t hepatic encephalopathy type A management 3086 hyponatraemia 4732 management, liver failure 3098 cerebral palsies 6364 aetiology 6364 birth asphyxia 6365 genetics 6364 risk factors 6365 classification 6364 epidemiology 6364 imaging 6361f, 6365 cerebral perfusion pressure (CPP) 543, 3894 cerebral small vessel disease 5854, 5855f cerebral toxoplasmosis, HIV/ AIDS 913f, 913 cerebral vasculitis 6378 clinical features 6379 diagnosis 6379 differential diagnosis 6379t management 6379, 6380 nonvasculitis systemic complications 6380 drug-induced vasculitis 6380 infections 6380 lymphomatoid granulomatosis 6380 malignancy 6380 malignant angioendothelioma 6380 systemic vasculitis complications 6379 vascular cognitive impairment 5855 cerebral venous sinus thrombosis 5808 cerebral venous thrombosis 2646f, 2646 cerebral X-linked adrenoleucodystrophy (CALD) 6210 cerebrospinal fluid

(CSF) 5782, 5783t Alzheimer's disease diagnosis 5842 angiotensin-converting enzyme assay 5785 bacterial meningitis 6068 blood and pigments 5783 cell counts 5783 cytology 5783 examination Cryptococcus neoformans in HIV/AIDS 6105 HIV dementia 6107 spinal cord disorders 6132 tuberculous meningitis 6078 glucose 5784 hypocretin levels, narcolepsy 5884 idiopathic intracranial hypertension 6055 immunoglobulins 5784 lactate 5785 longitudinally extensive transverse myelitis 6039 microbiology 5785 multiple sclerosis 6034 narcolepsy 5890 neurological conditions 5784t neurosyphilis diagnosis 6102 opening pressure 5783 bacterial meningitis 5783 PCR 5785 peripheral nerve disease diagnosis 6179 pressure, idiopathic intracranial hypertension 6057 primary thunderclap headache 5999 protein 5783 chronic inflammatory demyelinating polyradiculoneuropathy 6191 diphtheritic polyneuropathy 6192 pyruvate dehydrogenase deficiency diagnosis 2011 serology 5785 shunting of 4732-33 bacterial meningitis 6068 subarachnoid haemorrhage diagnosis 6024-25 traumatic brain injury 6046 Venereal Diseases Research Laboratory (VDRL) test, neurosyphilis 6101 viral infections of CNS 6091 cerebrotendinous xanthomatosis (CTX) 6221, 6263 differential diagnosis 2168t psychoses 6485 cerebrovascular disease epilepsy 5866 Fabry's disease 6227 herpes zoster infection 6096 imaging 5805 investigations, magnetic brain stimulation 5819 obstructive sleep apnoea 4054 cerebrovascular syncope 3289t, 3290 ceroid lipofuscinosis (Batten's disease) 2151, 2169t, 5131 certolizumab 102, 2662, 2933 ceruloplasmin 2117 cervical cancer adult screening 148, 149t age-related incidence 415 dietary protective factors 1897 epidemiology 436, 437f human papillomavirus and see human papillomavirus (HPV) infection incidence 413t migrant groups 414t pregnancy 2698 preventative medicine 133t cervical dystonia 5961 cervical intraepithelial neoplasia (CIN) 437, 2698 cervicitis 1284f, 1284 cervicofacial actinomycoses 1173 cervicogenic headache 6003 cestodes (tapeworms) 1520, 1522t cyclophyllidean tapeworms 1521f, 1521 gut infections 1521, 1522t cysticercosis see cysticercosis cystic hydatid disease see cystic hydatid disease (Echinococcus granulosa) Hymenolepis nana infection 1524 pseudophyllidean tapeworms 1527 diphyllbothriasis 1527f, 1527 sparganosis 1527, 1528f Taenia 1522, 3010t Taenia asiatica infection 1522t, 1523 Taenia saginata infection see Taenia saginata infection Taenia solium infection 1522t, 1524 transmission 3015t tissue cyclophyllidean tapeworms 1525 Echinococcus multilocularis infection 1525, 1526f Multiceps infection 1526 Taenia crassiceps cysticercosis 1526 uncommon gut cestodes 1525 see also Taenia saginata infection CETP deficiency 2067f, 2083 cetrimide, skin disease management 5765 cetuximab 502, 5759 CFTR gene chronic pancreatitis 3220 cystic fibrosis 4152 meconium ileus 2972 mutations 4152f, 4152 CGA see comprehensive geriatric assessment (CGA) Chagas' disease (American trypanosomiasis) 1459, 3466 aetiology 1460, 1461f apoptosis and infection 278 clinical features 1462f, 1463f, 1463, 1464f epidemiology 1461, 1461t eye diseases/disorders 6433 laboratory diagnosis 1461f, 1464 management 1465 oesophageal disease 2838 pathogenesis and pathology 1462f, 1462, 1463f prevention and control 1465 unanswered questions and future research 1466f, 1466 vector 1460f, 1460 Chain of Survival, cardiac arrest 3839f, 3839 chancroid 1072, 1611 Changuinola virus 821 channelopathies, headache disorders 6247 Chapel Hill Consensus (CHC) 4391, 4392t, 4557f, 4557, 5640 hypocomplementaemic urticarial vasculitis 4577 polyarteritis nodosa management 4569 small-vessel vasculitis 4573 Charcot joint 4605f, 4605, 4605t Charcot-Marie-Tooth (CMT) disease 6194 ataxia with chronic progressive course 5981 autosomal dominant 6277 type 1A 6277 type 1B 6277 type 2A 6278 type 4C 6278 type 4D 6278 type X1 6278 classification 6274, 6274t, 6275t clinical features 6194f, 6194 diagnosis 6274-77 dominant intermediate 6278 genetics 6194 hereditary motor neuropathy (HMN) 6274 hereditary sensory and autonomic neuropathy (HSAN) 6274 hereditary sensory neuropathy (HSN) 6274 nerve conduction studies 5799-800 type 1 6194

type 2 6194 Charcot's arthropathy 2529 charities 17 Charlson Comorbidity Index 3862 Chédiak-Higashi syndrome 2153 neutrophil function disorders 5195 skin hypopigmentation 5686 chelating agents 85, 202t, 5152 chemical nephrotoxins, tropical renal disease 5062 chemokines 313 autoimmune diseases 387 CD8+ T cells 332 innate immune system 472 transplant rejection 394 chemoprevention, inherited cancer prevention 468 chemoprophylaxis bacterial meningitis prevention 6066, 6073t malaria prevention 1412, 1412t chemo-radiotherapy 504t oesophageal cancer management 2980 oesophageal squamous cell carcinoma 2845

Index 39 VOLUME 1 pp. 1-1634 VOLUME 2 pp. 1635-3238 VOLUME 3 pp. 3239-5166 VOLUME 4 pp. 5167-6654 cherry angiomas (Campbell de Morgan spots) 5710, 5716 cherry red spot-myoclonus epilepsy syndrome (sialidosis type 1) 6244 chest aspiration 6652, 6653f decompression, procedure 6652 infections Duchenne's muscular dystrophy 6318-19 myotonic dystrophy type 1 6332-33 physiotherapy, COPD management 4132f, 4132 chest drain 6652 chest pain 3277 causes 3277t, 3278 acute coronary syndromes 3278 aortic dissection 3279b, 3279 atypical angina 3279 coronary spasm 3279 pericarditis 3280 Prinzmetal's angina 3279 syndrome X 3279 circumstances of 3277 on exertion see angina pectoris rest at 3277, 3283 differential diagnosis 3279b distribution of pain vs. 3279b exertion see angina pectoris management, hypertrophic cardiomyopathy 3476 mediastinal tumours and cysts 4371 oesophageal disease 2840 peptic stricture 2834 pericarditis 3502 respiratory disease 3950, 3950t chest radiography 3971 disease signs 3984 cavitating pulmonary lesions 3988, 3989f hemithorax transradiancy 3986, 3986t, 3987f left lower lobe collapse 3985, 3986f left upper lobe collapse 3985, 3986f multiple pulmonary nodules 3987f, 3989f, 3989, 3990b pulmonary collapse 3984 pulmonary consolidation 3984f, 3984, 3984t pulmonary nodules/ masses 3987 right lower lobe collapse 3985f, 3985 right middle lobe collapse 3984, 3985f right upper lobe collapse 3984, 3985f interpretation 3982 normal anatomy 3979 blood vessels 3980 bronchi 3980 diaphragm 3981 hilar structure 3979, 3980-81 mediastinum 3979, 3983f pulmonary fissures 3980 thoracic cage 3981 normal pregnancy 2578 posteroanterior (PA) chest radiography 3971, 3972-73, 3976f specific diseases 3990 acquired aplastic anaemia 5342 acute aortic syndrome 3677f, 3677 acute pulmonary embolism 3723, 3724, 3724t acute pulmonary oedema in pregnancy 2615 acute respiratory failure 3870 acute toxic injury to respiratory tract 4269 amyloidosis 3495 aortic regurgitation 3452, 3453f aortic stenosis 3448 arterial disorders 3576f asbestosis 4222f, 4226 atrial septal defects 3572 bacterial community-acquired pneumonia in HIV/ AIDS 4033f, 4033, 4034f berylliosis 4233f bronchiectasis 3990, 3991f, 4146 bronchiolitis obliterans 4186, 4194 cardiac myxoma 3545 cardiogenic anasarca 3403 cardiogenic pulmonary oedema 3400, 3402f cardiovascular changes pregnancy 2598 chest wall disease 3990 chronic diffuse lung disease 3991, 3992f chronic heart failure 3411 classic silicosis 4229f, 4229 coal workers pneumoconiosis 4223f coarctation of the aorta 3576 congenitally corrected transposition of the great arteries 3583f, 3583 constrictive pericarditis 3506 COPD 3283, 3990, 3991f, 4119f, 4119 cryptogenic organizing pneumonia 4188 cystic fibrosis 4154f, 4158 diaphragm disorders 4336 diffuse panbronchiolitis 4190 diffuse parenchymal lung disease diagnosis 4172 dilated cardiomyopathy 3480 Ebstein anomaly 3568f, 3568-69 Eisenmenger's syndrome 3566f, 3566 eosinophilic granulomatosis with polyangiitis 4203 fibrosing lung diseases 4172 granulomatosis with polyangiitis 4202-3 hepatic encephalopathy 3085 hypertension diagnosis 3760 hypertrophic cardiomyopathy 3473 idiopathic pulmonary fibrosis 4179, 4181 interstitial lung disease in rheumatological disease 4197 kyphosis 4333 Langerhans cell histiocytosis 4257f, 4257 left ventricular failure 3282 lung cancer 148, 4342f, 4342, 4343f, 4344f,

4345f, 4346f, 4349 lymphangiomyomatosis 4258 lymphoid interstitial pneumonia 4242 lymphomatoid granulomatosis of the lung 4242 malignant hypertension 3803, 3804 mitral regurgitation 3444f, 3444 mitral stenosis 3439f, 3439 mixed mitral valve disease 3447f, 3447 Mycobacterium tuberculosis infection diagnosis 4028f nosocomial pneumonia 4024 pericardial effusion 3503f, 3503 pericardial tamponade 3503f, 3504 pericarditis 3502 pleura 4306 pleural disease 3990f, 3990 pleural effusions 4309f, 4309, 4310f pneumoconiosis imaging 4220 Pneumocystis jiroveci infection 1372f, 1372, 1373f, 4034f, 4034 pneumonia 4020 pulmonary alveolar microlithiasis 4266f, 4266 pulmonary alveolar proteinosis 4260 pulmonary arterial hypertension 3701f, 3701 pulmonary atresia with ventricular septal defect 3587f, 3587 pulmonary embolism in pregnancy 2609 radiation pneumonitis 4271, 4272f re-expansion pulmonary oedema 4325, 4326f renal disease 4794 sarcoidosis 5744 stannosis 4233f suspected infections 663 tension pneumothorax 4322 thoracoplasty 4334 tricuspid regurgitation 3456f, 3456 tricuspid stenosis 3456 tuberculous meningitis 6078 uncomplicated pneumothorax 4323f univentricular atrioventricular connection 3589 ventricular septal defects 3574 standard views 3971 technical considerations 3971, 3972f chest wall chest radiography 3990 chronic respiratory failure 4286 pregnancy, changes in 2613 Cheyne–Stokes respiration 5905 Chiari malformation 6359 Chikungunya virus 823, 4611 eye diseases/disorders 6432 chilblain lupus 5652b chilblains 5713 childhood/adolescent-onset hereditary dystonia see hereditary dystonia Child–Pugh scores 3090–91, 3092, 3095f Child–Pugh–Turcotte scoring system 3047, 3072 children absence epilepsy 6241, 6242t acute lymphoblastic leukaemia prognosis 5278f, 5279 asthma prognosis 4075 brainstem death 5909 Cushing’s syndrome 2339 diagnosis of brainstem death 6542 Duchenne’s muscular dystrophy 6280 endocarditis 3524 enteric fevers 1047 focal segmental glomerulosclerosis management 4927 gastrointestinal infections 3013 growth 2419 HIV/AIDS 927 hypertension management 3776 imaging, neurological disorders 5816 immune-mediated platelet disorders 5526 magnetic brain stimulation 5819 malaria 1407 malnutrition 1881 meningitis antimicrobial therapy 6072 causative agents 6061 multiple sclerosis 6032 myotonic dystrophy 6333 nonaccidental injury, bruises 6549 obesity prevalence 1904, 1907f pneumonia 4012 preventative medicine 127 self-harm 6459 toxoplasmosis 1419 ulcerative colitis 2949 vaccinations, travel and expedition medicine 716 chimeric antibodies 297f IgG 296 chimeric antigen receptor T cells see cancer immunotherapy China cholangiosarcoma epidemiology 429 coal workers pneumoconiosis 4221 coeliac disease 2884 diabetes mellitus type 2 1896 GBD 47, 48f liver cancer epidemiology 429 lung cancer epidemiology 433 oesophageal cancer 427 silicosis 4228 stomach cancer 428 tobacco as cancer cause 417–18 Chinese herbal nephropathy 4959 clinical features 4960

40 Index VOLUME 1 pp. 1–1634 VOLUME 2 pp. 1635–3238 VOLUME 3 pp. 3239–5166 VOLUME 4 pp. 5167–6654 diagnosis 4960 differential diagnosis 4957t management 4960 pathogenesis 4960 pathology 4960f, 4960 tubular proteinuria 4787 see also traditional Chinese medicine (TCM) chiropractic therapy 108, 109b, 202t Chlamydia infections 1278 apoptosis and infection 278 asthma 4072 classification 1280 developed countries 1592, 1593f diagnosis 1294 genomics 1280 growth cycle 1280f, 1280 immune response 1281 management 1288t, 1295 pathogenesis 1281 genotype effects 1282 human genome and disease risk 1282 point-of-care test 1595 pregnancy 2683 preventative medicine 133t serovars 1280 urethritis 5081 Chlamydia pneumoniae infection 1293 clinical features 1293 arthritis 1293 atherosclerosis 1293 respiratory tract disease 1293 epidemiology 1294 reactive arthritis 4465, 4467–68 Chlamydia psittaci infection 1294 bird fancier’s lung 4247 clinical features 1294 pneumonia, antimicrobial therapy 4019t Chlamydia trachomatis

infection adult screening 149t, 150 associated diseases 1285 adult paratrachoma and otitis media 1285 arthritis 1285 immunocompromised patients 1285 inflammatory eye disease 6408t, 6429 neonatal infections 1285, 1286f diagnosis 1286 culture 1287 nucleic acid amplification tests (NAATs) 1286 point-of-care tests 1287 serological tests 1287 specimen type 1286 management 1287 antimicrobial resistance 1287 antimicrobial therapy 1288, 1288t compliance 1289 complicated infections 1289 partner notification 1289 repeated testing 1289 test of cure 1289 oculo-anogenital tract infection 1282, 1283t Bartholinitis 1284 cervicitis 1284f, 1284 epididymitis 1282 nongonococcal urethritis 1282 pelvic inflammatory disease 1284f, 1284, 1285f prostatitis 1282 rectal and pharyngeal infection 1285 urethritis 1606 vaginitis 1284 prevention 1289 health promotion 1289 screening 1289 see also lymphogranuloma venereum (LGV); pelvic inflammatory disease (PID); trachoma Chlamydia pneumoniae infection coronary heart disease risk factors 3613 investigations 4016 pneumonia 4009t, 4010t, 4011 antimicrobial therapy 4019t chloralose, poisoning 1759 chlorambucil 421t, 3134t, 3164 chloramphenicol 1059, 1255, 5163t chlorates, poisoning 1759 chlorhexidine, skin disease management 5765 chloride adult values 6581t urinary/faecal reference intervals 6587t chloride channel drugs, ion movement inhibition 84 chlorine, poisoning 1768 chlornaphazine 421t, 440 bis-chloromethyl ether 422t, 432 chlorophenoxy herbicides, poisoning 1759, 1759t chloroquine 1410t adverse reactions 90 neuropathies 6189 poisoning by 1737 calcium metabolism disorders in sarcoidosis 5014 porphyria cutanea tarda management 2048 sarcoidosis management 4215-16 skin disease management 5769 chlorpheniramine 2653, 5635 chlorpromazine abdominal pain in acute porphyria 2050 adverse reactions drug-induced prolactin changes 2551 eye diseases/disorders 6438-39 syndrome of inappropriate antidiuresis 2551 chorea in acute rheumatic fever management 3517 drug-induced parkinsonism 5954 schizophrenia management 6515t cholangiocarcinoma 3184 aetiology 3184 clinical features 3184 epidemiology 3184 investigations 3184, 3185f liver transplantation contraindication 3102 management 3185 pathogenesis 3184 pathology 3184f, 3184 prognosis 3185 PSC complications 3140 cholangiocarcinoma screening and care programme (CASCAP) 1555 cholangiography 3198f, 3198, 4162 cholangitis acute 3201 management in PSC 3139 cholecalciferol see vitamin D3 (cholecalciferol) cholecystectomy alternatives to 3204 complications 3204 bile salt diarrhoea 3204 gastro-oesophageal reflux 3204 endoscopic retrograde cholangiography 2745 cholecystitis acute gallstones 3199, 3200f, 3200 pregnancy 2625 surgery 2769t chronic 3200 cholecystoduodenal fistula, gallstones 3201 cholecystokinin (CCK) 2726t, 2863f, 2863, 3204 choledochal cysts, bile ducts 3207f, 3207, 3208f, 3208t cholera 1060 aetiology 1061 clinical features 1064, 1064t diagnosis 1064 differential diagnosis 1064 epidemiology 1061, 1063f gastrointestinal system 3009t genetics 1061 historical perspective 1061 immunizations, travel and expedition medicine 716 management 1065f, 1065, 1065t mucosal adherence 3017 pathophysiology 1061, 1062f prevention 1063b, 1063 prognosis 1066 transmission 3013, 3014t vaccinations 3022 vaccines 1063 cholestasis 3171 cholestatic hepatitis 3109 cholestatic liver function tests 3055, 3055t, 3105 cholesterol 2059 atherosclerotic cardiovascular disease and 2056 bile acid synthesis 2061f, 2061 clearance by bile salts 3039 dietary sources 2061 macronutrient metabolism 1853t oxidation 2061 reduction, dyslipidaemia management 2061f, 2085t, 2087f, 2089, 2090f structure 2060f synthesis 2061 regulation 2061, 2062f cholesterol crystals 4311, 4494 cholesterol embolism 3688 clinical features 3689f, 3689 differential diagnosis 3689 epidemiology 3688 investigations 3689 histology 3690f, 3690 management 3690 prevention 3688 prognosis 3690 cholesterol ester storage disease 2150 cholesteryl ester storage disease 2080 cholestyramine 2072t erythropoietic protoporphyria management 2049 primary biliary cholangitis management 3133-34, 3134t cholinergic drugs, drug-induced asthma 4274 cholinesterase inhibitors Alzheimer's

disease management 5842, 6480 delirium management 6477 dementia management 6481t  
vascular dementia 5854, 6480 chondrocalcinosis 4662 chondrocytes 4377, 4381f, 4382  
chondrodysplasia 4629t chondrosarcoma 4710, 4711f CHOP (cyclophosphamide, doxorubicin,  
vincristine, prednisolone) 4898, 5296 chorea 5957 acquired 5957t, 5959 anti-NMDAR encephalitis  
5959 autoimmune chorea 5959 Sydenham's chorea 5959 acute rheumatic fever management  
3517 causes 5957t inherited 5957t, 5958 benign hereditary chorea 5959 see also Huntington's  
disease (HD) chorea-acanthocytosis 6250 chromhidrosis 5701 chromium 422t, 1753, 1872, 6586t  
chromoblastomycosis 1346, 1347f chromosome microarray analysis (CMA) 219 copy-number  
variants 225 chromosomes 219 disorders acute lymphoblastic leukaemia 5272f eye  
diseases/disorders 6435 genomic disorders 228 male infertility 2401 myelodysplastic syndromes  
5199 premature ovarian insufficiency 2379 fragility syndromes, inherited cancer genetics 466  
megaloblastic anaemia 5421 mosaicism, genomic disorders 230 Neisseria gonorrhoeae  
antimicrobial resistance 1030 chromothripsis, genetic variation 225 chronic actinic dermatitis (CAP)  
5690f, 5690 chronic atypical neutrophilic dermatitis with lipodystrophy and elevated temperature  
(CANDLE) syndrome 2215

Index 41 VOLUME 1 pp. 1-1634 VOLUME 2 pp. 1635-3238 VOLUME 3 pp. 3239-5166 VOLUME 4  
pp. 5167-6654 chronic childhood spinal muscular atrophy (Kugelberg- Welanders disease) 6173  
chronic cutaneous lupus erythematosus (CCLE) 5652b, 5654f, 5654, 5655f chronic eosinophilic  
leukaemia (CEL) 453t chronic eosinophilic pneumonia (prolonged pulmonary eosinophilia) 4239  
asthma 4078 chronic erythematous oral candidosis (denture stomatitis) 2811 chronic fatigue  
syndrome 792 chronic fibrosing interstitial pneumonia see major idiopathic interstitial pneumonia  
chronic granulomatous disease (CGD) gastrointestinal manifestations 2788t infections 362  
neutrophils 5194 chronic heart failure 3407 aetiology 3409, 3410t cardiac phenotypes 3408, 3409f,  
3409t cardiac MRI 3409 HFrEF (left ventricular systolic dysfunction) 3409 left ventricular diastolic  
dysfunction 3409 cardiopulmonary exercise tests 3969 central sleep apnoea 4050 clinical  
physiology 3408f, 3408 comorbidities 3412, 3412t, 3417 anaemia 3419 angina 3418 atrial  
fibrillation 3418 gout 3419 myocardial ischaemia 3418 renal dysfunction 3418 respiratory disease  
3418 sleep-disordered breathing 3418 valve disease 3417 definition 3407, 3408f diagnosis 3410  
cardiac dysfunction causes 3409f, 3411 cardiac phenotype 3411 case ascertainment 3410  
differential diagnosis 3411, 3411t drug management 3413, 3414f ACE inhibitors 3414 angiotensin  
receptor blockers 3415 angiotensin receptor-neprilysin inhibitors 3415 antiarrhythmic agents 3416  
anticoagulants 3416 antiplatelet agents 3416  $\beta$ -blockers 3415 drug avoidance 3417 inotropic  
agents 3416 lipid-modifying management 3416 loop diuretics 3413 mineralocorticoid receptor  
antagonists 3415 renin inhibitors 3415 thiazide diuretics 3413 vasodilators 3416 end-stage heart  
failure 3419 exacerbation of 3419 investigations 3412, 3413t blood tests 3420 ECG 3420  
haemoglobin 3420 renal function 3420 serum potassium 3420 management 3412, 3417 cardiac  
resynchronization management 3417 gene management 3417 implantable cardioverter-  
defibrillators 3417 lifestyle 3413 normal ejection fraction 3419 organization of care 3420t, 3421  
practical aspects 3419 monitoring 3419 prognosis 3412, 3414f risk factor 3409, 3409t age 3409  
hypertension 3409 ischaemic heart disease 3409 symptoms and signs 3419 blood pressure 3420  
heart rate 3419 chronic hepatitis B 893, 3109, 3114 clinical features 3115 hepatocellular  
carcinoma 3115-16 liver fibrosis 3115 histology 3115 investigations 3115f, 3115 management  
3116 antiviral drugs 3116, 3116t interferons 3116 phases 3114 physical examination 3115  
serology 3114t chronic hepatitis C 3109, 3117 clinical features 898, 3117, 3117t investigations  
3117 management 900f, 900, 3118 HIV co-infection 3118 interferon 3118 ribavirin 3118 chronic  
infantile neurological cutaneous articular syndrome (CINCA) 2208t management, biologics 104

chronic kidney disease (CKD) 4767b, 4768 acute porphyrias 2041 cardiac involvement 3423b, 3423f arrhythmias 3423f, 3425t, 3426 chronic heart failure risk factor 3412t coronary heart disease risk factors 3613 left ventricular hypertrophy 3422, 3427 vascular calcification 3427 see also cardiorenal syndrome causes 4830, 4834, 4835t, 4850b clinical assessment 4838 family history 4839 investigations 4840, 4841–42t personal history 4838 physical examination 4839, 4840t uraemia 4839 clinical presentation 4837 associated disease 4838 asymptomatic patients 4838 symptomatic patients 4838 complication management 4832, 4844 acidosis 4844 anaemia 4852 electrolytes 4844 nutrition 4844 water 4844 definition 4831 diabetic nephropathy 4978, 4979 diuretic resistance 3426 drug metabolism 5151 dyslipidaemia 2084 epidemiology 4830 immunoglobulin A nephropathy 4912 immunoglobulin A nephropathy vs. 4913 indications of 4852b infections and 4777 management anaemia see anaemia mineral and bone disorder see chronic kidney disease– mineral bone disorder (CKD–MRD) peritoneal dialysis 4875 renal replacement therapy see renal replacement therapy (RRT) mortality 4833, 4833t pathophysiology 4830, 4835 acid–base balance 4836 electrolytes 4836 endocrine dysfunction 4836 middle molecules 4837 uraemic syndrome 4837 water 4836 pregnancy avoidance 2667 pregnancy in 2589, 2592, 2592t, 2593t, 2594t medication use 2594t prevalence 4765f, 4765 prevalence and incidence 4833, 4833t, 4834f, 4835t progression management 4831, 4840 blood pressure control 4840, 4843f dietary protein restriction 4843 lifestyle changes 4843, 4844f, 4851b pharmacological intervention 4843 proteinuria reduction 4842 progression of 4837, 4851b glomerular filtration rate 4831–32, 4833f kidney function assessment 4832 renal ultrasound 4796 screening 4765 sickle cell nephropathy 5034 stages of 3423t, 4789t staging 4830, 4831–32, 4832f glomerular filtration rate 4832 tropics 5052f, 5052 Chronic Kidney Disease Epidemiology Collaboration (CKD-EPI) 4832 chronic kidney disease–mineral bone disorder (CKD–MRD) 3427, 4845, 4846 biochemical abnormalities, 4849, 4850t lesion types, 4847 adynamic bone 4847 hyperparathyroidism 4847, 4848f osteomalacia/rickets 4847 osteopenia 4848 osteoporosis 4848 parathyroid growth, 4852 pathogenesis 4846 1,25-dihydroxyvitamin D deficiency 4846f, 4846 hypercalcaemia 4846 phosphate excess 4846 renal osteodystrophy 4847 secondary hyperparathyroidism 4849 serum calcium control, 4850 serum phosphate control 4849 symptoms and signs, 4848f, 4848, 4849f chronic leg ischaemia see leg ischaemia Chronic Liver Failure Consortium ACLF score (CLIF-CACLFs) 3091, 3096f Chronic Liver Failure Consortium Organ Failure score (CLIF-OFs) 3090–91, 3091t chronic lung allograft dysfunction (CLAD) 4300, 4301f chronic lymphatic filariasis see lymphatic filariasis chronic lymphocytic leukaemia (CLL) 5266–67, 5302 aetiology 5303 areas of uncertainty/ controversy 5308 biology 5308 management 5308 prognostic markers 5308 clinical features 5302, 5304 clinical investigations 5305b, 5305 clinical staging 5302 diagnosis 5302, 5305 staging 5305b, 5305 differential diagnosis 5304, 5305f epidemiology 443, 5304 future developments 5308 biology 5308 management 5309 genetics 5303 historical perspective 5302 management 5302, 5306 complication management 5307 initial management 5306 quality of life 5308 refractory disease 5307 relapses 5307 secondary malignancies 5308 transplantation 5307

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