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EDITORIAL

The first outstation CME at Lonavla was a grand success. A marathon session on Respiratory medicine by Dr. P.R.Prabhudesai - Pulmonologist, a talk on nasal diseases by Dr. Divya Prabhat - ENT surgeon, sessions on life style management, stress, yoga and nutrition, by core group members Drs. C.H.Asrani, Nilesh Baxi, Hemant Patel and Asmita Shah were the highlights. Dr. Prabhudesai discussed the approach to a patient with cough and dyspnoea, gave practical tips on asthma management and a detailed account of Obstructive Sleep Apnoea followed by interpretation of chest X-rays. There was a practical demonstration on spirometry and the proper use of inhalation devices. Dr. Divya Prabhat elaborated on Allergic Rhinitis and Sinusitis and discussed the various differential diagnoses.

Apart from the scientific programme, there was the group singing, a session on jokes and miming. The fellowship, the camaraderie and the bonhomie were at the peak and the question on the lips of the thirty plus delegates at the end of it all was WHEN NEXT??

Included in this issue are a synopsis of the approach to a patient with cough and an overview of allergic rhinitis.

Pleasant reading

Dr Ramesh Subramanian
Editor

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Evaluation of cough

Acute cough refers to cough of less than 3 weeks duration.

The causes of acute cough include

- Common cold, pharyngitis, tonsillitis, laryngitis
- Allergic rhinitis, asthma
- Foreign body
- Pneumonia
- Pleural effusion, pneumothorax
- Acute tracheobronchial compression
- Drug induced cough (ACEI, β - blockers)

Chronic cough refers to cough of more than 3 weeks duration. The common causes are:

- Sinusitis, post nasal drip
- Lung infections, tuberculosis, fungal
- Bronchiectasis
- Neoplasms,
- Mediastinal mass
- Oesophageal disease
- Foreign body in bronchus
- Cough predominant asthma
- Interstitial pulmonary fibrosis
- Psychological

Nocturnal cough

The causes of nocturnal cough include

- GERD
- Post nasal drip - Sinusitis, nasopharyngitis
- Local bedside allergy
- Sleep apnoea syndrome
- Cardiac failure

Investigation of chronic cough

Anatomical diagnostic approach

- Sinus-X-ray PNS, Limited CT PNS
- Chest- X-ray chest, CBC
- Spirometry
- Contrast CT, HRCT
- Bronchoscopy
- Upper GI endoscopy

Differential diagnosis

Upper respiratory tract related cough

Rhinitis, sinusitis, post nasal drip

- Characteristics
 - Occurs in lying down position,
 - Usually at night,
 - dry, loud, hacking
 - patient may have cough syncope
- Investigations – PNS, CT-PNS

Cough predominant asthma

- Occupational history is important
 - Occupational asthma is the only curable asthma
 - The cough relates to place, season, time of work
- Can occur as a combination of asthma, rhinitis and post nasal drip
- Can occur in combination with GERD
- Features
 - Paroxysmal
 - Prolonged 3-4 weeks
 - Occurs at any time
 - No wheeze, cold
 - Later on, these patients may become asthmatic
- X-ray chest is normal
- Lung function tests are normal
- No role for oral steroids in cough variant asthma
- Prolonged therapy with inhalers is required. Steroids for more than 4 weeks are required for successful treatment. Patient responds to inhaled corticosteroids in the first week of treatment
- Leukotriene modifiers are useful

Chronic cough associated with GERD

- In GERD, the cough is due to stimulation of lower oesophagus cough receptors, acid induced laryngitis and tracheobronchial inflammation
- The diagnosis is by OGDscopy and 24 hour PH monitoring
- Treatment is with high dose PPI's, prokinetic drugs, life style changes and anti reflux surgery in resistant cases

ACEI induced cough

ACEI's alter sensitivity of cough receptors
Angiotensin II RB's do not cause significant cough

Management

- Treatment of the underlying cause
- Cough due to upper respiratory problems are managed with decongestants, anti allergic drugs, steam inhalations, postural drainage
- Inhaled Bronchodilators for bronchospastic cough

(Based on a talk by Dr. Prahlad Prabhudesai, Consultant Pulmonologist, at INCHES' outstation CME, Lonavla, 13th. March 2005

Allergic rhinitis

It is a symptomatic disorder of the nose mediated by IgE

Common allergens

- House dust mites, pets, cockroaches, moulds, grass, trees, weed, pollen

Clinical presentation

- Sneezing
- Nasal block
- Nasal discharge

Signs

- Pale, swollen & boggy mucosa
- Clear transudate
- Allergic salute
- Nose wrinkle

Diagnosis

- Clinical
- No tests necessary
- Investigations may be required to rule out other diseases
- Allergen specific IgE skin tests may be done for diagnosis

Management

- Avoidance of allergen
- Pharmacotherapy
 - Topical corticosteroid nasal sprays
 - Fluticasone, mometasone
 - 50mcg puffs, 2 puffs on both sides of the nose once at night, children- 1 puff in each nostril, avoid in children under 2 years
 - Systemic corticosteroids
 - Sodium chromoglycate for prevention
 - Ipratropium bromide
 - Antihistaminics
 - Nasal decongestants
 - Anti leukotrienes
- Topical application of silver nitrate 15-20% on the turbinates, 2-3 sittings at weekly intervals
- FESS (Functional Endoscopic Sinus Surgery), FEELS (Functional Endoscopic Endonasal Laser Surgery)

(Based on a talk by Dr. Divya Prabhat, Consultant ENT surgeon, at the Prabhudesai, Consultant Pulmonologist, at INCHES' outstation CME, Lonavla, 13th. March 2005)

Adipocyte - An endocrine organ!

- Current concepts are that the adipocyte is an endocrine organ. It mediates energy homeostasis, immune mediated responses and also has a role to play in vascular remodeling
- It helps in the integration of endocrine, metabolic and inflammatory pathways
- Adipocytes secrete hormones (adipokines), the important ones are leptin, resistin and adiponectin
- These hormones control feeding behaviour, insulin secretion, insulin resistance, lipid and glucose metabolism, vascular tone and endothelial function
- Expression of resistin causes increase in insulin resistance in liver and muscle. Adiponectin produces the reverse effect ie it reduces insulin resistance
- Resistin causes hepatoneogluco-genesis, increases hepatic glucose output and thus increases blood sugar levels. Adiponectin does exactly the opposite and decreases blood glucose levels
- Type 2 diabetes is characterized by increasing levels of resistin (hyperresistinemia) and low levels of adiponectin (hypo adiponectinemia)

- Glitazones act on the adipocyte by PPAR gamma binding which results in decreased levels of resistin and increased levels of adiponectin
- Adiponectin has antidiabetogenic, antiatherogenic and anti-inflammatory properties and may represent a therapeutic option for diabetes management in the future

Know the drug

ADAPALENE

It is a chemically stable (to light and oxidation) retinoid like compound for the topical treatment of acne vulgaris.

Mechanism of action:

- It normalizes the differentiation of follicular epithelial cells resulting in decreased microcomedone formation
- It causes reduction in the number of epidermal comedones.
- It is a modulator of cellular differentiation, keratinization and inflammatory processes, which represent important features in the pathology of acne.

Pharmacokinetics:

It is stable on the skin and in the gel formulation it optimizes delivery to the pilo-sebaceous unit.

Dosage and Administration:

One gram of ADAPALENE Gel contains 0.1% ***** A thin film of the gel is applied once daily to affected areas after washing, in the evening before retiring. Eyes, lips and mucus membranes should be spared. During early weeks of therapy, an apparent exacerbation of acne may occur due to action on previously unseen lesions.

Adverse Reactions:

- Skin irritation, burning/stinging, sunburn and acne flares seen during first month of therapy.
- Pruritus or burning immediately after application
- Scaling, dryness of skin
All adverse effects are reversible upon discontinuation of therapy

Drug Interactions:

- Medicated soaps, cosmetics with drying effect and products with high concentration of alcohol,
- Medication should be stopped if there is a reaction suggesting sensitivity or chemical irritation.

Contraindications:

- Hypersensitivity to this drug or any component of the vehicle gel.

Precautions:

- Exposure to sunlight including sunlamps and artificial UV irradiation should be minimized.
- Avoid contact with the eyes, lips, angles of the nose and mucous membrane
- It should not be applied to cuts, abrasions, eczematous skin or sunburned skin.
- Used with caution during pregnancy; astringents, spices or lime should be avoided.
- Sulfur, resorcinol (pl check) or salicylic containing preparations should be used with caution
- Lactation and in pediatric patient *****.

Indication:

Comedonal acne.

Ref.: Product monograph

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Mantra for Healthy living

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1. Count your Blessings
2. Positive mental attitude in every situation
Patience, perseverance, persistence, proactive, passion,
No procrastination, purpose and peace
3. Balanced diet
4. Regular exercise both aerobic and weights
5. Meditation and pranayama
6. Proper erect posture
7. Sunlight
8. Adequate sleep including a nap in the afternoon
9. Cultivating a hobby on a regular basis
10. Communication and good inter personal relationships,
regular sex
11. Avoidance of stress, being colourful & extrovert, taking a
vacation and delegating authority
12. Setting goals-long term and short term.

LAUGH & PONDER

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Smart Soldier!

A General noticed one of his soldiers picking up every piece of paper he found and say, "That's not it." The General arranged to have the soldier psychologically tested. The psychologist wrote out his discharge from the army. The soldier picked it up, smiled and said, "That's it."

Wrong address!

A drunk phoned police to report that thieves had been in his car. "They have stolen the dashboard, the steering wheel, the brake pedal, the radio and even the accelerator." However, before the police investigation could start, the phone rang a second time and the same voice came over the line. "Never

mind,” he said with a hiccup,” I got in the back seat by mistake.”

Untrustworthy!

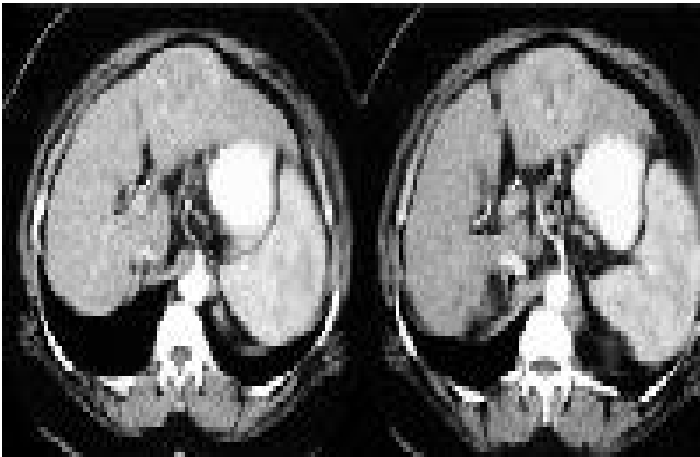
The devil visited a lawyer and made him an offer,” I will increase your income five fold. Your partners will love you; your clients will respect you; you will have 4 months of vacation every year and you will live to be hundred. All I require in return is your wife’s soul, your children’s souls and your grand children’s souls rot in hell for ever.” **The lawyer thinks for a moment and asks: “What’s the catch?”**

P.....

Not blood.
Not bullets.
It took two words
To give a nation
It’s freedom.
“Quit India.”

“I shut the door on yesterday
and threw the key away.
Tomorrow has no fears for me,
Since I have found today.

Quiz Mania 41
Investigation? Diagnosis?



Answer to Quiz Mania 40
HRCT, Bronchiectasis