



























4





































"Boxcars" or "<u>annaping</u>" of refinal vens: suggestive of yperviscosity which can be seen in yelvefbrosits Jaundee- elevated bärubin is seen in several emoglobinopathies, liver diseases and other forms of emolysis

Lymphadenopathy:suggestive of lymphomaor ukemia Glossitis and cheilitis: iron/folate deficiency, coholism, pernicious anemia

Cinidy!





























































































Caffeine and Cardiovascular

Caffeine intoxication, **ventricular fibrillation** is most often determined to be the **cause of death** when associated with arrhythmia

Coronary vasospasm has been proposed to occur via caffeine's adenosine antagonism and catecholamine release which may increase vascular smooth muscle contraction causing vasoconstriction leading to myocardial infarction





Energy Drinks
Negative effect on skep 197 HS students: early awakening and day timeskeppiness
76% higher consumption of energy drinks among student reporting day timesleepiness
Energy drinks with low davveine <30mg did not counteract sleepiness and led to lower reaction time
High levels o glucose have short term alertness enhancing effect but in the long term they increased sleepiness in those who
Use of energy drinks to maintain alertness prior to and 8 hour period of recovery sleep negatively impacted total sleep time a
Those who insured energy drinks prior to sleep had 29.1 minutes less sleep
Cindu!
lahak WW, Upochukwu C, Bagot K, Khalili D, Zaky C Energy drinke: psychobgical effeds andimpad on well-being and qualityof läk-a literature review. Inno Qin Neux











ADRENAL FATIGUE

































































Cindy!























-		















































Urinary Tract Infections

• 10 X more common in women

- · 60% will have at least 1 in their lifetime
- 10% have one symptomatic UTI per year
- 30-40% recur within 6 months after the initial one
- Treatments that suppress bacteria do not produce
 a long lasting cure

Cindy!









 Blockage Older adults
 Spinal Cord injuries • Urinary Incontinence • MS, Parkinson's

Previous UTI

Cindy!

· Hormonal changes in the vagina · Frequent or intense intercourse



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Infections: Bacterial . Gram negative bacilli: . E.Coli: 80% . Klebsiella pneumonia . Proteus mirabilis

- · Enterobacter aerogenes
- Gram Positive: Staphylococcus saprophyticus 10-15%
- · Group B beta strep: common asymptomatic 1-2%











⁷ Rx 같 OTC 같 Off Lab	el Only C Rx / OTC	Senerics Preg	Up	date	.51		Jus
Drug name 0	Rx / OTC	Preg		CONTRACTOR OF			
							Popularity A
 ciprofloxacin 	Rx	0	N		306 reviews	5.2	_
 nitrofurantoin 	Rx	B	N		859 reviews	4.2	-
Cipro	Rx	C	N		148 reviews	5.8	_
A Macrobid	Rx	B	N		389 reviews	4,2	-
A Bactrim	Rx		N	\otimes	155 reviews	4.8	_
 sulfamethoxazole / trimethoprim 	Rx	0	N	\otimes	519 reviews	4.5	_
Amoxil	Rx	B	N		1 noview	8.4	_



rinary Tract Infection (306) V				
Ciprofloxacin Rating Summ	ary			
5.2/10 AVERAGE RATING	User Ratings			
318 Ratings with 306 User Reviews	10		22%	(69
What next? Compare all 328 medications used	9		10%	(29
in the treatment of Urinary Tract Infection.	8 114		10%	(30
	7 🔳		4%	(11
Share your Experience	6 🔳	100	4%	(12
	5 🚥	100	6%	(17
Ask a Question	4 🗰	-	6%	(17
	3 🔳	-	4%	(11
	2 🔳	nii.	5%	(13
	1 80		35%	(109







UTI treatment	
Cranberry	
• Mannose	
Probiotics short tap	
• Berberine	
• Uva ursi	A DESCRIPTION OF TAXABLE PARTY.
Estriol cream	
Vitamins A and C for prevention	Cinidy!



D Mannose

Cindy!

Cindy!

Simple sugar

Prevents adherence of bacterial strains to uroepithelial cells of the bladder.

 Prevents invasion into bladder cells and subsequent formation of biofilm

Probiotics

- Lactobacillus crispatus strongest capacity to block bacterial adhesion
- Klebsiella pneumoniae and Pseudomonas aeruginosa were most susceptible to the blockage
- Lactobacillus vaginal suppositories reduces infection rates
- Oral only helps if the bacteria can colonize the intestinal tract and /or the urovagina region















Thank you for joining me today!

As a thank you for your feedback, I have 3 gifts to share with you!

- 1. A handy recap of today's presentation. I've condensed 100+ slides into a summary.
- My latest list of recommended books on motivation, leadership, health, and humor.
 A warm welcome to my Daily Dose newsletter featuring insights to brighten your brain and
- inbox.

PLUS, by simply opening the survey, I'll enter your name in a drawing to win one of my tavorite books!

Text RECAP to 66866 to receive an email with these offerings!

Cindy!

