

Tarascon Primary Care Pocketbook

Fourth Edition

From the publishers of the *Tarascon Pocket Pharmacopoeia*



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Dedication

*This book is dedicated to my wife, Gina, and my daughter, Sophia,
who constantly bring joy to my life.*

Tarascon Primary Care Pocketbook

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Preface to the *Fourth Edition*

The *Tarascon Primary Care Pocketbook, Fourth Edition* is intended to be a quick reference guide for clinicians and students practicing primary care medicine. I have attempted to compile the core information about most primary care topics in a concise format.

I have adapted the clinical practice guidelines from nationally recognized medical associations and have footnoted the primary references when possible.

I would like to thank all of my mentors and colleagues who have passed on to me countless clinical pearls, most of which I have incorporated into this book.

I would also like to thank Janet Parker, who has worked so hard to acquire virtually all of my reference articles.

Although painstaking efforts have been made to find all errors and omissions, some errors may remain; if you find an error or wish to make a suggestion, please email editor@tarascon.com.

Joseph S. Esherick

Abbreviations

↑	increased/elevated	CrCl	creatinine clearance (mL/minute)
↑↑	very high	CT	computed tomography scan
↓	decreased/depressed	CXR	chest x-ray
1	positive or present	d	day
2	negative or absent	DC	direct current
1/2	and/or	dL	deciliter
M	male	DM	diabetes mellitus
F	female	ECG	electrocardiogram
>	greater than	fT4	free levothyroxine (T4) level
≥	greater than or equal to	FTA	fluorescent treponemal antibody
<	less than	G6PD	glucose-6-phosphate dehydrogenase
≤	less than or equal to	GI	gastrointestinal
mL	microliter	gm	gram
ACEI	angiotensin converting enzyme inhibitor	GU	genitourinary
ACTH	adrenocorticotropic hormone	hr	hour
AIDS	acquired immunodeficiency syndrome	hgb	hemoglobin
ANA	antinuclear antibody	HIV	human immunodeficiency virus
ARB	angiotensin receptor blocker	HLA-B27	human leukocyte antigen-B27
BID	two times per day	HTN	hypertension
BP	blood pressure	Hz	hertz
CA	cancer	IU	international units
CA 15-3, CA 19-9, CA 27-29 and CA-125	cancer tumor markers of that number	IUD	intrauterine device
CD4	helper T cells with CD4 receptors	IV	intravenous
CEA	carcinoembryonic antigen	kcal	kilocalorie
CHF	congestive heart failure	kg	kilogram
cm	centimeter	L	liter
CNS	central nervous system	Lb	pound
COPD	chronic obstructive pulmonary disease	lymph	lymphocytes
COX-2	cyclooxygenase-2	m	meter
		mcg	microgram
		MEq	milliequivalents
		mg	milligram
		MI	myocardial infarction
		min.	minute

mL	milliliter	QID	four times per day
mm	millimeter	RF	rheumatoid factor
mmol	millimole	RPR	rapid plasma reagin test
mmHg	millimeters of mercury (torr)	SQ	subcutaneous
mo	month	SSRI	selective serotonin reuptake inhibitor
monos.	monocytes	t or tsp	teaspoon
mOsm	milliosmoles	TIA	transient ischemic attack
MRI	magnetic resonance imaging	TID	three times per day
MRA	magnetic resonance angiogram	U	units
NSAID	nonsteroidal anti-inflammatory drug	URI	upper respiratory tract infection
pg	picogram	VDRL	venereal disease research laboratory
PMN	polymorphonuclear neutrophil	WBC	white blood count
PPD	purified protein derivative	yr	year