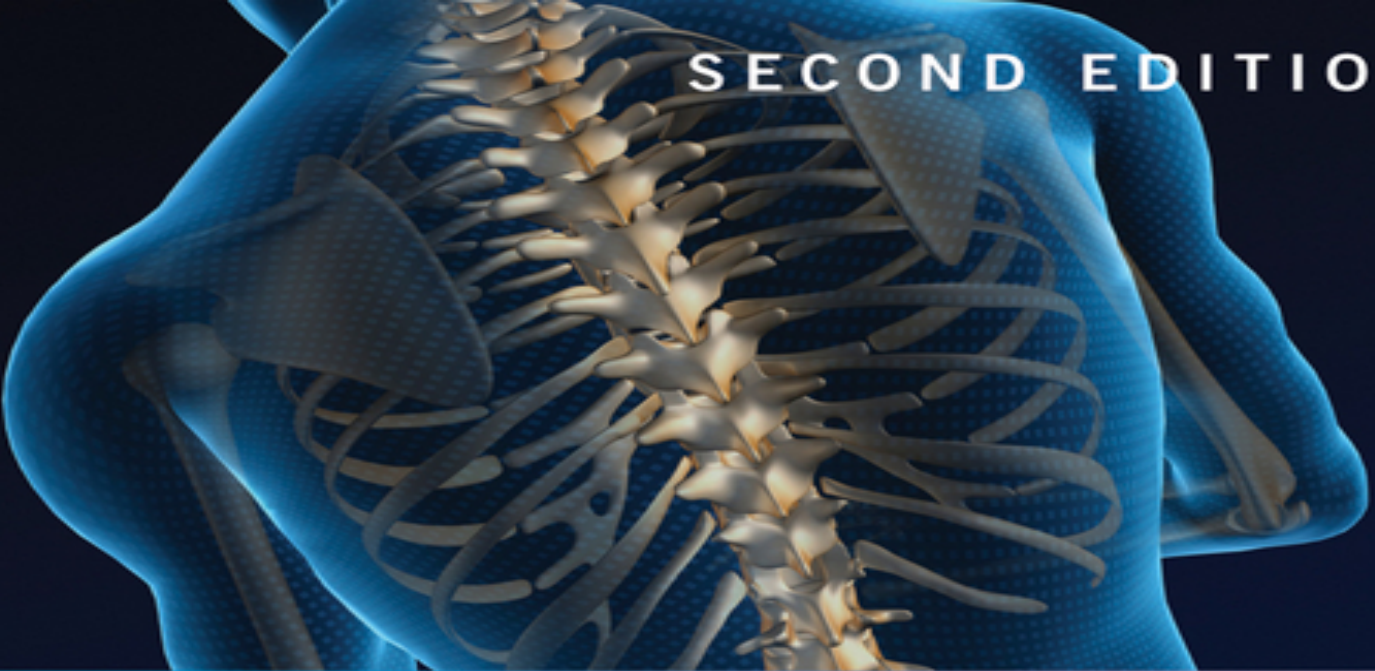




SECOND EDITION

# **RAPID**

## **Medicine**

 **WILEY-BLACKWELL**

**Amir Sam**  
**James T.H. Teo**

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**DEFINITION**

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# Rapid Medicine

**Second Edition**

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# ***Preface***

In the conception of this book, we envisioned a text encompassing core medical conditions in an easily accessible format. *Rapid Medicine* covers over 200 diseases in a structured manner. For each condition we have summarised the Definition, Aetiology, Epidemiology, History, Examination, Investigations, Management, Complications and Prognosis. We hope that this will provide a useful pocketbook on the wards and in preparation for exams.

In clinical practice however, patients present with symptoms and signs rather than confirmed diagnoses. It is therefore essential to supplement the knowledge of various diseases with an understanding of the differential diagnoses of clinical presentations. The second edition of *Rapid Medicine* has been configured with this learning strategy in mind. This new edition contains a separate section on the differential diagnoses for a range of symptoms, signs and laboratory test results, reflecting the way in which most of your patients will present to you during your study and clinical practice.

This edition also contains an additional section named 'shorter Topics'. Here we have included a number of important conditions that medical students need to know about, but perhaps not in as much detail. We hope that you enjoy this book and use it to consolidate your ward-based learning.

Amir H. Sam

James T.H. Teo

# ***List of abbreviations***

|              |                                         |
|--------------|-----------------------------------------|
| <b>ABG</b>   | arterial blood gas                      |
| <b>ABPA</b>  | allergic bronchopulmonary aspergillosis |
| <b>ACAG</b>  | acute closed-angle glaucoma             |
| <b>ACE</b>   | angiotensin-converting enzyme           |
| <b>ACh</b>   | acetylcholine                           |
| <b>ACTH</b>  | adrenocorticotrophic hormone            |
| <b>ADH</b>   | antidiuretic hormone                    |
| <b>AF</b>    | atrial fibrillation                     |
| <b>AFP</b>   | alpha foeto-protein                     |
| <b>AIDS</b>  | acquired immune deficiency syndrome     |
| <b>ALP</b>   | alkaline phosphatase                    |
| <b>ALA</b>   | $\delta$ -aminolaevulinic acid          |
| <b>ALL</b>   | acute lymphoblastic leukaemia           |
| <b>ALS</b>   | amyotrophic lateral sclerosis           |
| <b>ALT</b>   | alanine transaminase                    |
| <b>AML</b>   | acute myeloblastic leukaemia            |
| <b>ANA</b>   | anti-nuclear antibody                   |
| <b>ANCA</b>  | anti-neutrophil cytoplasm antibody      |
| <b>APP</b>   | amyloid precursor protein               |
| <b>APTT</b>  | activated partial thromboplastin time   |
| <b>ARDS</b>  | acute respiratory distress syndrome     |
| <b>ARF</b>   | acute renal failure                     |
| <b>5-ASA</b> | 5-aminosalicylic acid                   |
| <b>ASD</b>   | atrioseptal defect                      |
| <b>ASM</b>   | anti-smooth muscle antibody             |
| <b>AST</b>   | aspartate aminotransferase              |
| <b>ATN</b>   | acute tubular necrosis                  |
| <b>AV</b>    | atrioventricular                        |
| <b>AXR</b>   | abdominal X-ray                         |



|               |                                                                                              |
|---------------|----------------------------------------------------------------------------------------------|
| <b>BCC</b>    | basal cell carcinoma                                                                         |
| <b>BCG</b>    | Bacille Calmette-Guerin                                                                      |
| <b>BiPAP</b>  | biphasic positive airway pressure                                                            |
| <b>BMI</b>    | body mass index                                                                              |
| <b>BP</b>     | blood pressure                                                                               |
| <b>CABG</b>   | coronary artery bypass graft                                                                 |
| <b>CAH</b>    | congenital adrenal hyperplasia                                                               |
| <b>c-ANCA</b> | cytoplasmic anti-neutrophil cytoplasmic antibodies                                           |
| <b>CAPD</b>   | continuous ambulatory peritoneal dialysis                                                    |
| <b>CEA</b>    | carcinoembryonic antigen                                                                     |
| <b>CHD</b>    | coronary heart disease                                                                       |
| <b>CK</b>     | creatine kinase                                                                              |
| <b>CLL</b>    | chronic lymphocytic leukaemia                                                                |
| <b>CM</b>     | cardiomyopathy                                                                               |
| <b>CML</b>    | chronic myelocytic leukaemia                                                                 |
| <b>CMML</b>   | chronic myelomonocytic leukaemia                                                             |
| <b>CMV</b>    | cytomegalovirus                                                                              |
| <b>CNS</b>    | central nervous system                                                                       |
| <b>COAD</b>   | chronic obstructive airway disease                                                           |
| <b>COMT</b>   | catechol-O-methyltransferase                                                                 |
| <b>COPD</b>   | chronic obstructive pulmonary disease                                                        |
| <b>CPAP</b>   | continuous positive airway pressure                                                          |
| <b>CPR</b>    | cardiopulmonary resuscitation                                                                |
| <b>CREST</b>  | syndrome of calcinosis, Raynaud's, oesophageal dysmotility, sclerodactyly and telangiectasia |
| <b>CRF</b>    | corticotrophin-releasing factor/chronic renal failure                                        |
| <b>CRH</b>    | cortisol-releasing hormone                                                                   |
| <b>CRP</b>    | C-reactive protein                                                                           |
| <b>CSF</b>    | cerebrospinal fluid                                                                          |
| <b>CSS</b>    | Churg-Strauss syndrome                                                                       |
| <b>CT</b>     | computerized tomography                                                                      |
|               |                                                                                              |

|                |                                                                               |
|----------------|-------------------------------------------------------------------------------|
| <b>CTP</b>     | carboxyterminal propeptide                                                    |
| <b>CVA</b>     | cerebrovascular accident                                                      |
| <b>CVP</b>     | central venous pressure                                                       |
| <b>CVS</b>     | chorionic villus sampling/cardiovascular system                               |
| <b>CXR</b>     | chest X-ray                                                                   |
| <b>DCM</b>     | dilated cardiomyopathy                                                        |
| <b>DDAVP</b>   | desmopressin                                                                  |
| <b>DHEA</b>    | dehydroepiandrosterone                                                        |
| <b>DHEAS</b>   | dehydroepiandrosterone sulphate                                               |
| <b>DIC</b>     | disseminated intravascular coagulation                                        |
| <b>DIDMOAD</b> | syndrome of diabetes insipidus, diabetes mellitus, optic atrophy and deafness |
| <b>DIP</b>     | desquamative interstitial pneumonia/distal interphalangeal                    |
| <b>DKA</b>     | diabetic ketoacidosis                                                         |
| <b>DMD</b>     | duchenne muscular dystrophy                                                   |
| <b>DNA</b>     | deoxyribonucleic acid                                                         |
| <b>DOPA</b>    | dihydroxyphenylalanine                                                        |
| <b>DPTA</b>    | diethylenetriamine penta-acetate                                              |
| <b>DVT</b>     | deep vein thrombosis                                                          |
| <b>EBV</b>     | Epstein-Barr virus                                                            |
| <b>ECG</b>     | electrocardiogram                                                             |
| <b>EDTA</b>    | ethylenediaminetetra-acetate                                                  |
| <b>EEG</b>     | electroencephalogram                                                          |
| <b>ELISA</b>   | enzyme-linked immunoabsorbent assay                                           |
| <b>EMD</b>     | electrical-mechanical dissociation                                            |
| <b>EMG</b>     | electromyogram                                                                |
| <b>ENT</b>     | ear, nose and throat                                                          |
| <b>ERCP</b>    | endoscopic retrograde cholangio-pancreatography                               |
| <b>ESR</b>     | erythrocyte sedimentation rate                                                |
| <b>ETT</b>     | exercise tolerance test                                                       |
| <b>FAB</b>     | French-American-British classification                                        |
|                |                                                                               |

|                        |                                                                   |
|------------------------|-------------------------------------------------------------------|
| <b>FBC</b>             | full blood count                                                  |
| <b>FEV<sub>1</sub></b> | forced expiratory volume in 1 s                                   |
| <b>FFP</b>             | fresh frozen plasma                                               |
| <b>FSH</b>             | follicle-stimulating hormone                                      |
| <b>FVC</b>             | forced vital capacity                                             |
| <b>GABA</b>            | gamma-aminobutyric acid                                           |
| <b>GAD</b>             | glutamic acid decarboxylase                                       |
| <b>GBM</b>             | glomerular basement membrane                                      |
| <b>GCA</b>             | giant cell arteritis                                              |
| <b>GCS</b>             | glasgow Coma Scale                                                |
| <b>GFR</b>             | glomerular filtration rate                                        |
| <b>GGT</b>             | g-glutamyl transferase                                            |
| <b>GH</b>              | growth hormone                                                    |
| <b>GHRH</b>            | growth-hormone-releasing hormone                                  |
| <b>GI</b>              | gastrointestinal                                                  |
| <b>GnRH</b>            | gonadotrophin-releasing hormone                                   |
| <b>G6PD</b>            | glucose-6-phosphate dehydrogenase                                 |
| <b>GTT</b>             | glucose tolerance test                                            |
| <b>HAART</b>           | highly active anti-retroviral treatment                           |
| <b>HACEK</b>           | haemophilus, actinobacillus, cardiobacterium, eikenella, kingella |
| <b>HAV</b>             | hepatitis A                                                       |
| <b>Hb</b>              | haemoglobin                                                       |
| <b>HBIG</b>            | hepatitis B immunoglobulin                                        |
| <b>HBV</b>             | hepatitis B virus                                                 |
| <b>HCC</b>             | hepatocellular carcinoma                                          |
| <b>hCG</b>             | human chorionic gonadotrophin                                     |
| <b>HCM</b>             | hypertrophic cardiomyopathy                                       |
| <b>HCV</b>             | hepatitis C virus                                                 |
| <b>HDL</b>             | high-density lipoprotein                                          |
| <b>HDV</b>             | hepatitis D virus                                                 |
| <b>HEV</b>             | hepatitis E                                                       |

|               |                                            |
|---------------|--------------------------------------------|
| <b>5-HIAA</b> | 5-hydroxyindole acetic acid                |
| <b>HIDA</b>   | hepatoiminodiacetic acid                   |
| <b>HIV</b>    | human immunodeficiency virus               |
| <b>HLA</b>    | human leukocyte antigen                    |
| <b>HNF</b>    | hepatocyte nuclear factor                  |
| <b>HONK</b>   | hyperosmolar non-ketotic                   |
| <b>HSP</b>    | Henoch-Schönlein purpura                   |
| <b>HSV</b>    | herpes simplex virus                       |
| <b>HTLV</b>   | human T-cell lymphoma virus                |
| <b>HUS</b>    | haemolytic-uraemic syndrome                |
| <b>IBD</b>    | inflammatory bowel disease                 |
| <b>IBS</b>    | irritable bowel syndrome                   |
| <b>ICP</b>    | intracranial pressure                      |
| <b>ICT</b>    | immunochromato- graphic test               |
| <b>IDDM</b>   | insulin-dependent diabetes mellitus        |
| <b>Ig</b>     | immunoglobulin                             |
| <b>IGF-</b>   | insulin-like growth factor                 |
| <b>IHD</b>    | ischaemic heart disease                    |
| <b>IL</b>     | interleukin                                |
| <b>IM</b>     | intramuscular                              |
| <b>INR</b>    | international normalized ratio             |
| <b>IOP</b>    | intraocular pressure                       |
| <b>IPPV</b>   | intermittent positive pressure ventilation |
| <b>ITP</b>    | immune thrombocytopenic purpura            |
| <b>ITU</b>    | intensive therapy unit                     |
| <b>IV</b>     | intravenous                                |
| <b>IVIG</b>   | intravenous infusions of immunoglobulin    |
| <b>IVU</b>    | intravenous urogram                        |
| <b>JVP</b>    | jugular venous pressure                    |
| <b>KD</b>     | Kawasaki's disease                         |
|               |                                            |

|              |                                                     |
|--------------|-----------------------------------------------------|
| <b>KUB</b>   | abdominal radiograph of kidneys, ureter and bladder |
| <b>LBBB</b>  | left bundle branch block                            |
| <b>LDH</b>   | lactate dehydrogenase                               |
| <b>LDL</b>   | low-density lipoprotein                             |
| <b>LFT</b>   | liver function test                                 |
| <b>LH</b>    | luteinizing hormone/laparoscopic hysterectomy       |
| <b>LKM</b>   | liver/kidney microsomal (antibodies)                |
| <b>LMN</b>   | lower motor neurone                                 |
| <b>LMW</b>   | low molecular weight                                |
| <b>MAO</b>   | monoamine oxidase                                   |
| <b>MCH</b>   | mean cell haemoglobin                               |
| <b>MCP</b>   | metacarpal-phalangeal                               |
| <b>MCV</b>   | mean cell volume                                    |
| <b>MEC</b>   | mixed essential cryoglobulinaemia                   |
| <b>MEN</b>   | multiple endocrine neoplasia                        |
| <b>MI</b>    | myocardial infarct                                  |
| <b>MIBG</b>  | meta-iodobenzylguanidine                            |
| <b>MODS</b>  | multiple organ dysfunction syndrome                 |
| <b>MODY</b>  | maturity-onset diabetes of the young                |
| <b>MP</b>    | microscopic polyangiitis                            |
| <b>MPGN</b>  | membranoproliferative glomerulonephritis            |
| <b>MRCP</b>  | magnetic resonance cholangio-pancreography          |
| <b>MPTP</b>  | 1-methyl-4-phenyl-1,2,3,6-tetrahydro- pyridine      |
| <b>MRI</b>   | magnetic resonance imaging                          |
| <b>MS</b>    | multiple sclerosis                                  |
| <b>MSE</b>   | mental state examination                            |
| <b>MSU</b>   | midstream urine                                     |
| <b>MTP</b>   | metatarsophalangeal                                 |
| <b>NAC</b>   | <i>N</i> -acetylcysteine                            |
| <b>NAPQI</b> | <i>N</i> -acetyl- <i>p</i> -benzoquinoneimine       |
| <b>NASH</b>  | non-alcoholic steatohepatitis                       |

|               |                                                                                         |
|---------------|-----------------------------------------------------------------------------------------|
| <b>NIDDM</b>  | non-insulin-dependent diabetes mellitus                                                 |
| <b>NK</b>     | natural killer                                                                          |
| <b>NSAIDs</b> | non-steroidal anti-inflammatory drugs                                                   |
| <b>NSIP</b>   | non-specific interstitial pneumonia                                                     |
| <b>OGD</b>    | oesophago-gastro-duodenoscopy                                                           |
| <b>OTC</b>    | over-the-counter                                                                        |
| <b>PAF</b>    | platelet-activating factor                                                              |
| <b>PAN</b>    | polyarteritis nodosa                                                                    |
| <b>pANCA</b>  | perinuclear antineutrophil cytoplasmic antibodies                                       |
| <b>PAS</b>    | periodic acid-Schiff                                                                    |
| <b>PBG</b>    | porphobilinogen                                                                         |
| <b>PCOS</b>   | polycystic ovarian syndrome                                                             |
| <b>PCP</b>    | <i>Pneumocystis carinii</i> pneumonia                                                   |
| <b>PCR</b>    | polymerase chain reaction                                                               |
| <b>PCS</b>    | primary sclerosing cholangitis                                                          |
| <b>PCV</b>    | packed cell volume                                                                      |
| <b>PCWP</b>   | pulmonary capillary wedge pressure                                                      |
| <b>PEEP</b>   | positive end expiratory pressure                                                        |
| <b>PEFR</b>   | peak expiratory flow rate                                                               |
| <b>PEG</b>    | percutaneous endoscopic gastronomy                                                      |
| <b>PET</b>    | positron emission tomography                                                            |
| <b>PIP</b>    | peripheral-interphalangeal                                                              |
| <b>PKD</b>    | polycystic kidney disease                                                               |
| <b>PKDL</b>   | post kala azar dermal leishmaniasis                                                     |
| <b>PMR</b>    | polymyalgia rheumatica                                                                  |
| <b>POAG</b>   | primary open-angle glaucoma                                                             |
| <b>POEMS</b>  | syndrome of polyneuropathy, endocrinopathy, monoclonal gammopathy and skin pigmentation |
| <b>PPAR</b>   | peroxisome proliferator-activated receptor                                              |
| <b>PPD</b>    | purified protein derivative of tuberculin                                               |
| <b>PR</b>     | per rectum                                                                              |

|               |                                                                              |
|---------------|------------------------------------------------------------------------------|
| <b>PSC</b>    | primary sclerosing cholangitis                                               |
| <b>PT</b>     | prothrombin time                                                             |
| <b>PTH</b>    | parathyroid hormone                                                          |
| <b>PUVA</b>   | psoralen and ultraviolet A therapy                                           |
| <b>QBC</b>    | quantitative buffy coat test                                                 |
| <b>RA</b>     | refractory anaemia                                                           |
| <b>RAEB</b>   | refractory anaemia with excess blasts                                        |
| <b>RAEB-t</b> | RAEB in transformation                                                       |
| <b>RAO</b>    | retinal artery occlusion                                                     |
| <b>RAPD</b>   | relative afferent pupillary defect                                           |
| <b>RARS</b>   | refractory anaemia with ring sideroblasts                                    |
| <b>RAST</b>   | radio-allergosorbent test                                                    |
| <b>RBBB</b>   | right bundle branch block                                                    |
| <b>RBC</b>    | red blood cell                                                               |
| <b>RCM</b>    | restrictive cardiomyopathy                                                   |
| <b>REAL</b>   | Revised American and European Lymphoma classification                        |
| <b>RP</b>     | relapsing polychondritis                                                     |
| <b>RNA</b>    | ribonucleic acid                                                             |
| <b>RTA</b>    | renal tubular acidosis                                                       |
| <b>RUQ</b>    | right upper quadrant                                                         |
| <b>RVO</b>    | retinal vein occlusion                                                       |
| <b>SAA</b>    | serum amyloid A                                                              |
| <b>SAP</b>    | serum amyloid P                                                              |
| <b>SAPHO</b>  | syndrome of synovitis, acne, palmoplantar pustulosis, hyperostosis, osteitis |
| <b>SBP</b>    | spontaneous bacterial peritonitis                                            |
| <b>SC</b>     | subcutaneous                                                                 |
| <b>SCC</b>    | squamous cell carcinoma                                                      |
| <b>SHBG</b>   | sex-hormone-binding globulin                                                 |
| <b>SIADH</b>  | syndrome of inappropriate ADH                                                |
| <b>SIRS</b>   | systemic inflammatory response syndrome                                      |
|               |                                                                              |

|                             |                                                |
|-----------------------------|------------------------------------------------|
| <b>SLE</b>                  | systemic lupus erythematosus                   |
| <b>SMA</b>                  | smooth muscle antibody                         |
| <b>SPECT</b>                | single photon emission computerized tomography |
| <b>SXR</b>                  | skull X-ray                                    |
| <b><math>t_{1/2}</math></b> | half-life                                      |
| <b>T<sub>3</sub></b>        | tri-iodothyronine                              |
| <b>T<sub>4</sub></b>        | thyroxine                                      |
| <b>TA</b>                   | Takayasu's disease                             |
| <b>TB</b>                   | tuberculosis                                   |
| <b>t.d.s.</b>               | three times per day                            |
| <b>TEN</b>                  | toxic epidermal necrolysis                     |
| <b>TFT</b>                  | thyroid function test                          |
| <b>TIA</b>                  | transient ischaemic attack                     |
| <b>TIBC</b>                 | total iron-binding capacity                    |
| <b>TIPS</b>                 | transjugular intrahepatic portosystemic shunt  |
| <b>TLCO</b>                 | carbon monoxide transfer factor                |
| <b>TNF</b>                  | tumour necrosis factor                         |
| <b>tPA</b>                  | tissue plasminogen activator                   |
| <b>TPN</b>                  | total parenteral nutrition                     |
| <b>TRAP</b>                 | tartrate-resistant acid phosphatase            |
| <b>TRH</b>                  | thyroid-releasing hormone                      |
| <b>TSH</b>                  | thyroid-stimulating hormone                    |
| <b>TTP</b>                  | thrombotic thrombocytopenic purpura            |
| <b>UC</b>                   | ulcerative colitis                             |
| <b>U&amp;E</b>              | urea and electrolytes                          |
| <b>UIP</b>                  | usual interstitial pneumonia                   |
| <b>UMN</b>                  | upper motor neurone                            |
| <b>UTI</b>                  | urinary tract infection                        |
| <b>UV</b>                   | ultraviolet                                    |
| <b>VCA</b>                  | viral capsid antigen                           |
|                             |                                                |



|             |                                      |
|-------------|--------------------------------------|
| <b>VDRL</b> | venereal disease research laboratory |
| <b>VF</b>   | ventricular fibrillation             |
| <b>VLDL</b> | very low-density lipoprotein         |
| <b>VQ</b>   | ventilation: perfusion ratio         |
| <b>VSD</b>  | ventriculoseptal defect              |
| <b>VT</b>   | ventricular tachycardia              |
| <b>vWF</b>  | von Willebrand's factor              |
| <b>VZV</b>  | varicella zoster virus               |
| <b>VZIG</b> | varicella zoster immunoglobulin      |
| <b>WCC</b>  | white cell count                     |
| <b>WG</b>   | Wegener's granulomatosis             |
| <b>WHO</b>  | World Health Organization            |

## List of symbols

|   |              |
|---|--------------|
| < | less than    |
| > | greater than |
| / | or           |
| ↑ | increased    |
| ↓ | decreased    |
| ♀ | female       |
| ♂ | male         |

# ***Medical Conditions***

Rectal discharge  
Red blood cell fragmentation  
Red eye  
Red reflex, absent  
Refeeding syndrome  
Reflexes  
Relative afferent pupillary defect (RAPD)  
Renal artery stenosis  
Renal calculi  
Renal failure  
    acute  
    chronic  
Renal tubular acidosis  
Respiratory failure  
Respiratory rate  
Reticulocytosis  
Retinal haemorrhages  
Retinal neovascularization  
Retinal vein and artery occlusion  
Retinitis pigmentosa  
Rheumatic fever  
Rheumatoid arthritis  
Rheumatoid factor  
Rigors  
Roth's spots  
Rubeosis iridis  
Saddle nose deformity  
Sarcoidosis  
Schmidt's syndrome  
Scleromalacia perforans  
Scotoma, central  
Seizures  
Sensory disturbance

distribution  
timing of onset  
Sepsis/Systemic inflammatory response  
SGOT  
SGPT  
Sheehan's syndrome  
Short 4th/5th finger  
Shortness of breath  
Shoulder pain  
Sick sinus syndrome  
Sickle cell anaemia  
Sick sinus syndrome  
Sjögren's syndrome  
Skin necrosis  
Sore throat  
Spastic paraparesis  
Spherocytosis  
Splenomegaly  
Splinter haemorrhages  
Sputum (purulent)  
Squamous cell carcinoma (Skin)  
ST segment  
Stature  
Steatorrhoea  
Stevens-Johnson syndrome  
Striae  
Stridor  
Stroke  
Subacute combined degeneration of the spinal cord  
Subarachnoid haemorrhage  
Subdural haemorrhage  
Sweating  
Syndrome of inappropriate ADH (SIADH)

Syringomyelia  
Systemic lupus erythematosus (SLE)  
Systemic sclerosis  
T waves  
Tachycardia  
Tachypnoea  
Target cells  
Teardrop cells  
Telangiectasia  
Tenesmus  
Testicular atrophy  
Testicular pain and swelling  
Testosterone  
Thalassaemias  
Thrombin time  
Thrombocytopaenia  
Thrombocytosis  
Thrombotic thrombocytopenic purpura  
Thyroid-binding globulin (TBG)  
Thyroid function tests  
Thyrotoxicosis  
Tingling in hands and feet  
Tinnitus  
Toxic epidermal necrolysis  
Tracheal deviation  
Transfer factor  
Transient ischamic attack (TIA)  
Tremor  
Tricuspid regurgitation  
Trigeminal neuralgia  
Troponin  
Tuberculosis  
Tuberous sclerosis

Tumour markers  
Tunnel vision  
Typhoid and paratyphoid fevers  
U wave  
Ulcerative colitis  
Ulcers  
Upper motor neurone lesions  
Urea  
Urgency  
Urinalysis  
Urinary frequency  
Urinary incontinence  
Urinary retention, acute  
Urinary tract infections  
Urinary tract obstruction  
Urine microscopy  
Uveitis  
Uveitis, anterior  
Varicella zoster  
Vasculitides, primary  
Ventricular fibrillation  
Ventricular tachycardia  
Vertigo  
Vesicles  
Visual loss  
Vomiting  
Von Hippel-Lindau disease  
Von Willebrand's disease  
Wasting of small muscles of hands  
Weak legs  
Webbed neck  
Weight gain  
Weight loss