

Common diseases encountered in Primary care III

Dr Hui Chik Kwan.

許植焜醫生

Director of

Hong Kong Family Medicine Clinic.

香港家庭醫療中心

Specialist in Family Medicine.

家庭醫學專科醫生

MBBS (HKU), FHKAM (Family Medicine),
FHKCFP, FRACGP, DPD (Wales.)

Blurred vision:

- Time of onset, acute condition, usually, emergency, chronic cases, likely degenerative change.
- Any medical diseases: diabetes mellitus, hypertension, heart diseases.

Blurred vision:

- Differential diagnoses: retinal detachment, (視網膜脫落) central retinal artery of vein blockage. Cataract, macular disease(黃斑點退化)of old age.

Allergy rhinitis

- History: times of onset, seasonal change, trigger factors: dust, cold air, food, alcohol, cats and dogs at home. The colour of discharge: clear discharge is allergic type, yellowish or greenish are bacterial infection. Facial pain over the sinuses: sinusitis. Fever or chills indicate severe bacterial infection.

Allergy rhinitis

- Physical examination of swollen nose cavity, any purulent discharge. Sinus tenderness on pressure.

Allergy rhinitis.

- Investigation: if necessary, XR or CT of sinuses to confirm diagnosis. .

Allergy rhinitis

- Treatment: oral antihistamine, singulair (modify immune systemic and improvement is slow.) Nasal spray with steroid, for long term treatment, effects developed after 1-2 weeks and can be used for 3-6 months. Otrivin: quickly causes vaso-constriction of the nasal mucosa and release blockage, not long lasting, can only be used less than 1 week, more than 1 week can cause rebound. Oral antibiotics if infection developed, give prolonged causes 2 weeks to 4 weeks.

Dyspepsia, constipation

- Clear the history of dyspepsia: heart burn, especially at night; food stays at stomach; bloating sensation; easy hungry; stool colour, black stool (melaena) means stomach bleeding. Fresh blood in stool means colon or rectum bleeding. Weight loss.

Dyspepsia, constipation

- Constipation: change from usual bowel habit, how long has been constipated, any weight loss, stool colour. Tenesmus feeling.
- Family history of stomach or colon cancer. Any upper endoscopy or colonoscopy done before.

Dyspepsia, constipation

- Diagnoses: gastritis (Helicobacter pylori infection) 幽門螺旋菌, reflux esophagitis, gastric or duodenal ulcer, stomach cancer, pancreas or bile duct cancer. Colon or rectum cancer. Irritable bowel syndrome (腸道易激綜合症).

Dyspepsia, constipation

- For upper endoscopy and colonoscopy is the gold standard of investigation. Urea breath test, blood test, stool test for *Helicobacter pylori* infection. For small bowel disease: capsule endoscopy: small camera and swallow down the small bowel and take pictures and find the pathology.

Dyspepsia, constipation

- Treatment: clear the bacteria, for a course of medication for acid secretion. Remove the polyps in colon before change into cancer, treat colon and rectum cancer at early stage.

Dyspepsia, constipation

- Diet advice, water intake, fiber, regular bowel habit every day, do not wait until the feeling of defecation feeling passed. That causes constipation and traffic jam.

Urinary frequency

- Time of onset. Acute condition, 1-2 days is usually simple urinary tract infection, give antibiotics for 3 days is enough, (penicillin group). No need to check urine.

Urinary frequency

- Associated with strong pain of abdomen or back region, need to consider renal stones is passing out, **SIGNIFICANT PAIN**, comparable to baby delivery. Male is more common than female.

Urinary frequency

- Need urgent CT urogram, locate the stones, if less than 0.5cm in size, with analgesic, antibiotics, rehydration, the stones can be passed out >50% . Otherwise need ESWL (ultrasound waves to break the stones and be passed out).

Urinary frequency

- Male: enlarge prostate. For digital examination, blood test of PSA, USG of the prostate. (Remember: prostate cancer usually has no pain, no symptoms. If you are old enough, there are already some form of prostate cancer).

Urinary frequency

- Stress, drinking too much alcohol, coffee, cola, drug like lasix.
- Other masses in the pelvis with pressure on the urinary bladder: uterine fibroid, ovary cyst, rectum cancer.

Urinary frequency

- Another common condition is over-active bladder. The bladder usually has been filled up more than 300 ml and gives the sensation of passing urine. When the bladder is too sensitive, may be up to 100 ml to 200 ml, there is already sensation want to pass the urine and gives frequency.

Urinary frequency

- For USG of urinary tract and urine test. If all results normal and from the history gives the clear picture, give the medication to relax the bladder and significant improvement.