

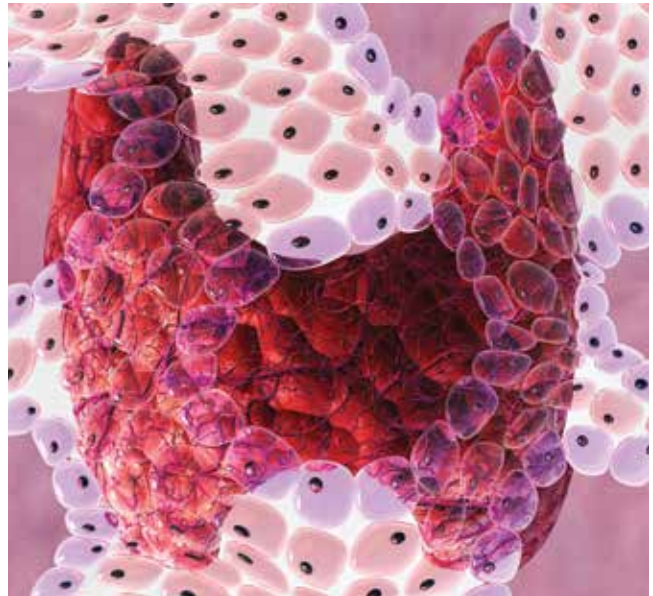
ENDOCRINE CONSULT

34 To Cut or Not to Cut?

Evaluating Surgical Criteria for Benign & Nondiagnostic Thyroid Nodules

Thyroid cancer is the most rapidly increasing cancer in the US, making accurate evaluation and treatment of nodules crucial. This case study explores the evaluation of a thyroid nodule and outlines when thyroidectomy is recommended.

Ashlyn Smith, MMS, PA-C



Credit: David Mack / Science Source

9 YOUR TURN

Did Somebody Say “Precepting”?

Rarely have so many people had so much to say about a single topic (at least, one that does not involve national politics). But Marie-Eileen Onieal’s editorial on precepting struck a nerve with many readers.

11 DERMADIAGNOSIS

1-800-Zap-My-Zits

A 52-year-old man self-diagnosed his round, scaly lesions as acne, but when the pimple cream he ordered from a TV ad only makes matters worse, he seeks professional help. Can you correctly diagnose his condition?

Joe R. Monroe, MPAS, PA

13 RADIOLOGY REVIEW

An Alarming Slip of the Hip

While getting out of bed, an 80-year-old woman slips and falls. She arrives at the emergency department complaining of hip pain. See what a pelvic radiograph reveals.

Nandan R. Hichkad, PA-C, MMSc

14 FROM THE PA EDITOR-IN-CHIEF

Terrorist Activity: Are You Ready?

Judging by the attacks that have occurred so far in 2016, the message from terrorists is clear: You

are not safe—anywhere. Do you know what to do to protect yourself and others in the event of an emergency?

Randy D. Danielsen, PhD, PA, DFAAPA

21 ECG CHALLENGE

An Exhausting Case of “Smoker’s Cough”

A 67-year-old woman presents with a nonproductive cough, chest discomfort, and increasing fatigue—symptoms that impede her daily activity and prevent her from gardening. An ECG explains all.

Lyle W. Larson, PhD, PA-C

22 GRAND ROUNDS

Extreme Athlete, 18, With Worsening Cough

Sinus congestion and a sleep-disrupting cough are just a few of the symptoms this 18-year-old college student reports. Her racing heart, shortness of breath, and blurred vision make her rigorous exercise routine impossible to maintain. What is causing her debilitating symptoms?

Carol L. Rizzolo, PA, PhD,
Marie-Eileen Onieal, PhD, CPNP, FAANP

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>> *continued from previous page*

28 PURLS

Light Therapy For Nonseasonal Major Depressive Disorder?

Bright light therapy already has a place in the treatment of seasonal affective disorder—but a recent trial spotlights its utility beyond the winter months.

Kehinde Eniola, MD, MPH, Angela Bacigalupo, MD, MPH, Anne Mounsey, MD

37 PICTURE THIS

Congenital Craniofacial Deformities

Occurring in about 1 in 700 live births, cleft lip and cleft palate are easy to identify. But what about the other common craniofacial anomalies? See how many you can identify.

38 CE/CME

Systemic Lupus Erythematosus: The Devastatingly Deceptive Disease

An estimated 1.5 million people in the US (and up to 5 million worldwide) have systemic lupus erythematosus (SLE). Find out how SLE is distinguished from other illnesses with similar presentations, and how to recognize its complications—which can quickly turn fatal if ignored.

Michael Felz, MD, Mary Bailey Wickham, PA-S

Quick Poll

Scroll down on our home page to take this poll

Which of the following characteristics indicates a “likely benign” thyroid nodule?

- a. Purely cystic
- b. Tall > wide
- c. Irregular margins
- d. Microcalcifications

For more on this topic, turn to page 34.



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