

# Первичная консультация

## «Доктор в кармане»

«Доктор в кармане» это информационная служба в соответствии с законом. Пожалуйста, обратитесь к своему врачу, если вас что-то беспокоит или вы почувствовали недомогание.

### Причина обращения:

«Доктор в кармане» 151562: Скрининг и оценка вероятности заболеваний

### Пациент:

ewdw

### Комментарии пациента:

Пациент не предоставил никакой дополнительной информации.

### Заключение электронного доктора:

Возможные заболевания

## **Vascular dementia - Средняя вероятность**

### Описание

Vascular dementia is a general term describing problems with reasoning, planning, judgment, memory and other thought processes caused by brain damage from impaired blood flow to your brain.

You can develop vascular dementia after a stroke blocks an artery in your brain, but strokes don't always cause vascular dementia. Whether a stroke affects your thinking and reasoning depends on your stroke's severity and location. Vascular dementia can also result from other conditions that damage blood vessels and reduce circulation, depriving your brain of vital oxygen and nutrients.

Factors that increase your risk of heart disease and stroke - including diabetes, high blood pressure, high cholesterol and smoking - also raise your vascular dementia risk. Controlling these factors may help lower your chances of developing vascular dementia.

### Симптомы

- Forgetting names of close friends and family
- Urinary urgency

- Impaired balance while walking
- Impaired concentration
- Depressed mood
- Confusion

## Диагностика

- Thyroid function test
- Ultrasound
- MRI
- Lipid panel (See: Lipid panel, also known asCholesterol test)
- Complete blood count (CBC)

## Лечение

Controlling conditions that affect the underlying health of your heart and blood vessels can sometimes slow the rate at which vascular dementia gets worse, and may also sometimes prevent further decline. Depending on your individual situation, your doctor may prescribe medications to:

- Lower your blood pressure
- Reduce your cholesterol level
- Prevent your blood from clotting and keep your arteries clear
- Help control your blood sugar if you have diabetes

## Специалисты

- Neurologists

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## Depression (major depressive disorder) - *Средняя вероятность*

### Описание

Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. Also called major depressive disorder or clinical depression, it affects how you feel, think and behave and can lead to a variety of emotional and physical problems. You may have trouble doing normal day-to-day activities, and sometimes you may feel as if life isn't worth living.

### Симптомы

- Irritability
- Loss of interest in activities previously enjoyed lasting at least two weeks

- Sleep disorder
- Unrefreshing sleep
- Fatigue
- Depressed mood

## Лечение

- **Selective serotonin reuptake inhibitors (SSRIs).** Doctors often start by prescribing an SSRI. These drugs are considered safer and generally cause fewer bothersome side effects than other types of antidepressants. SSRIs include citalopram (Celexa), escitalopram (Lexapro), fluoxetine (Prozac), paroxetine (Paxil, Pexeva), sertraline (Zoloft) and vilazodone (Viibryd).
- **Serotonin-norepinephrine reuptake inhibitors (SNRIs).** Examples of SNRIs include duloxetine (Cymbalta), venlafaxine (Effexor XR), desvenlafaxine (Pristiq, Khedezla) and levomilnacipran (Fetzima).
- **Atypical antidepressants.** These medications don't fit neatly into any of the other antidepressant categories. They include bupropion (Wellbutrin XL, Wellbutrin SR, Aplenzin, Forfivo XL), mirtazapine (Remeron), nefazodone, trazodone and vortioxetine (Trintellix).
- **Tricyclic antidepressants.** These drugs - such as imipramine (Tofranil), nortriptyline (Pamelor), amitriptyline, doxepin, trimipramine (Surmontil), desipramine (Norpramin) and protriptyline (Vivactil) - can be very effective, but tend to cause more-severe side effects than newer antidepressants. So tricyclics generally aren't prescribed unless you've tried an SSRI first without improvement.
- **Monoamine oxidase inhibitors (MAOIs).** MAOIs - such as tranylcypromine (Parnate), phenelzine (Nardil) and isocarboxazid (Marplan) - may be prescribed, typically when other drugs haven't worked, because they can have serious side effects. Using MAOIs requires a strict diet because of dangerous (or even deadly) interactions with foods — such as certain cheeses, pickles and wines — and some medications and herbal supplements. Selegiline (Emsam), a newer MAOI that sticks on the skin as a patch, may cause fewer side effects than other MAOIs do. These medications can't be combined with SSRIs.

## Специалисты

- Psychiatrists

## Нуропитуитаризм - Средняя вероятность

### Описание

Hypopituitarism is a rare disorder in which your pituitary gland fails to produce one or more hormones, or doesn't produce enough hormones.

The pituitary gland is a kidney-bean-sized gland situated at the base of your brain. It is part of your body's endocrine system, which consists of all the glands that produce and regulate hormones. Despite its small size, the pituitary gland creates and releases a number of hormones that act on nearly every part of your body.

Hypopituitarism is when you have a short supply (deficiency) of one or more of the pituitary hormones. These hormone deficiencies can affect any number of your body's routine functions, such as growth, blood pressure or reproduction. Symptoms typically vary, based on which hormone or hormones you are missing.

## Симптомы

- Social isolation
- Difficulty in achieving sexual arousal
- Fatigue
- Depressed mood
- Dry skin
- Confusion

## Диагностика

- MRI
- Eye exam

## Лечение

### Medications

Hormone replacement medications may include:

- **Corticosteroids.** These drugs, such as hydrocortisone (Cortef) or prednisone (Rayos), replace the adrenal hormones that aren't being produced because of an adrenocorticotrophic hormone (ACTH) deficiency. You take them by mouth.
- **Levothyroxine (Levoxyl, Synthroid, others).** This medication treats the low thyroid hormone levels (hypothyroidism) that a thyroid-stimulating hormone (TSH) deficiency can cause.
- **Sex hormones.** These include testosterone in men and estrogen or a combination of estrogen and progesterone in women. Testosterone is administered either by injection or through the skin with a patch or a gel. Female hormone replacement can be administered with pills, gels or

patches.

- **Growth hormone.** Also called somatropin (Genotropin, Humatrope, others), growth hormone is administered through an injection beneath your skin. It promotes growth, which helps produce a more normal height in children. Adults with symptoms of growth hormone deficiency also may benefit from growth hormone replacement, but they won't grow taller.
- **Fertility hormones.** If you've become infertile, gonadotropins can be administered by injection to stimulate ovulation in women and sperm production in men.

## Специалисты

- Endocrinologists

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## Premenstrual syndrome (PMS) - Низкая вероятность

### Описание

Premenstrual syndrome (PMS) has a wide variety of signs and symptoms, including mood swings, tender breasts, food cravings, fatigue, irritability and depression. It's estimated that as many as 3 of every 4 menstruating women have experienced some form of premenstrual syndrome.

Symptoms tend to recur in a predictable pattern. But the physical and emotional changes you experience with premenstrual syndrome may vary from just slightly noticeable all the way to intense.

Still, you don't have to let these problems control your life. Treatments and lifestyle adjustments can help you reduce or manage the signs and symptoms of premenstrual syndrome.

### Симптомы

- Fatigue
- Mood swings
- Headache
- Depressed mood
- Anxiety
- Breast tenderness

### Лечение

- **Antidepressants.** Selective serotonin reuptake inhibitors (SSRIs) - which include fluoxetine (Prozac, Sarafem), paroxetine (Paxil, Pexeva), sertraline (Zoloft) and others - have been successful in reducing mood symptoms. SSRIs are the first line treatment for severe PMS or PMDD. These medications are generally taken daily. But for some women with PMS, use of antidepressants

may be limited to the two weeks before menstruation begins.

- **Nonsteroidal anti-inflammatory drugs (NSAIDs).** Taken before or at the onset of your period, NSAIDs such as ibuprofen (Advil, Motrin IB, others) or naproxen sodium (Aleve) can ease cramping and breast discomfort.
- **Diuretics.** When exercise and limiting salt intake aren't enough to reduce the weight gain, swelling and bloating of PMS, taking water pills (diuretics) can help your body shed excess fluid through your kidneys. Spironolactone (Aldactone) is a diuretic that can help ease some of the symptoms of PMS.
- **Hormonal contraceptives.** These prescription medications stop ovulation, which may bring relief from PMS symptoms.

## Специалисты

- Obstetricians and Gynecologists

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## Seasonal affective disorder (SAD) - Низкая вероятность

### Описание

Seasonal affective disorder (SAD) is a type of depression that's related to changes in seasons - SAD begins and ends at about the same times every year. If you're like most people with SAD, your symptoms start in the fall and continue into the winter months, sapping your energy and making you feel moody. Less often, SAD causes depression in the spring or early summer.

Treatment for SAD may include light therapy (phototherapy), medications and psychotherapy.

### Симптомы

- Weight gain
- Loss of interest in activities previously enjoyed lasting at least two weeks
- Fatigue
- Seasonal pattern of depressive symptoms
- Impaired concentration
- Diminished appetite

### Диагностика

- Complete blood count (CBC)

### Лечение

## Light therapy

In light therapy, also called phototherapy, you sit a few feet from a special light box so that you're exposed to bright light within the first hour of waking up each day. Light therapy mimics natural outdoor light and appears to cause a change in brain chemicals linked to mood.

Light therapy is one of the first line treatments for fall-onset SAD. It generally starts working in a few days to a few weeks and causes few side effects. Research on light therapy is limited, but it appears to be effective for most people in relieving SAD symptoms.

## Medications

Some people with SAD benefit from antidepressant treatment, especially if symptoms are severe.

An extended-release version of the antidepressant bupropion (Wellbutrin XL, Aplenzin) may help prevent depressive episodes in people with a history of SAD. Other antidepressants also may commonly be used to treat SAD.

## Специалисты

- Psychiatrists

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На основании результатов скрининга,  
при кураторстве доктора Аруна Сабапатхи,  
главного медицинского консультанта Call4Life

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