Chapter 15: Vitamins, Minerals, and General Nutrition

1. Riboflavin (vitamin B2) deficiency symptoms are present. A vitamin supplement plus a diet enriched in breads and cereals should be discussed.

2. Vitamin C deficiency could account for the patient’s loose teeth and gingival inflammation. These are symptoms of scurvy.

3. Iron deficiency is the most likely cause of the problem. Supplements plus a diet enriched in iron is needed. Anemic children should also be tested for lead.

4. Black stools and cramps are after-effects of iron supplements. The black stool can be distinguished from a bloody stool by testing it for blood. The use of a laxative, change in the mode of iron administration, and reduction of the dose may be considered.

5. Fast food and restaurant food are often too high in fat, although some restaurants now have heart-healthy choices. Changes need to be made in the diet. A cholesterol-lowering drug should be prescribed at this level.

Chapter 16: Antibiotics and Antifungal, Antiviral, and Antiparasitic Agents

1. Antibiotic agents used in the therapy of tuberculosis are associated with hearing loss. History should be obtained concerning their use in this patient.

2. Tetracycline and other broad-spectrum antibiotic agents often kill or inhibit normal gut flora. As a result, yeast (monilial) overgrowth is common and results in diarrhea. Tetracycline may also directly irritate the gastrointestinal lining and cause cramps or bleeding. The physician may choose to discontinue the medication and/or give an antifungal drug such as nystatin (Mycostatin).

3. Oral moniliasis, also called thrush, is a common nonserious infection. It is treated orally with nystatin (Mycostatin).

4. Ampicillin often produces a nonallergic skin reaction. The medication need not necessarily be discontinued because the rash will fade. There should be a callback from this patient if conditions change.

5. A pruritic rash when a patient is on a medication should be presumed to be a drug allergy until proven otherwise. Neither verapamil nor hydrochlorothiazide is a common source of drug allergic reactions; however, sulfonamide allergies are common, and hydrochlorothiazide is cross-reactive with sulfonamides for allergic reactions.

Chapter 17: Antihistamines

1. Although allergic reactions can be controlled with antihistamine agents, it generally makes more sense to remove the allergen (in this case, the cat). Having the cat sleep or live in the garage might be a good compromise.
2. A pregnant woman should take no medication unless specifically ordered by her physician.

3. Alcohol and Benadryl are additive in their sedative effects. The man should be warned of this problem and encouraged to stay home.

4. A bright-red rash when a patient is on a sulfonamide agent is an allergic reaction until proven otherwise. She should stop the medication until she can contact her physician.