

Mainpro - December

December – Ketogenic diet for weight loss

- Cnd diet typically: 48% carb, 32% fat, 17% protein
- Ketogenic diet starts at 10% carb x 2 months before slow reintroduction
- Peak wt loss at 5mo

- Wt loss ~2kg more than w/ low-fat diet (high quality studies show no difference)
- Difficult to study because of confounding variables (ex. low-carb diet)
- No RCT re: mortality or CVD ☆ observational data suggests long term low carb diet associated w/ ↑ mortality
- Adverse effects: constipation, halitosis, muscle cramps, H/A, diarrhea, weakness, rash

December – Pain Management for children needing laceration repair

- Consider needle-free anesthesia (Ex. lidocaine-adrenaline-tetracaine combination). Can take up to an hour to work
- If not sufficient, consider lidocaine or bupivacaine. Following are techniques to ↓ pain
 - Consider: Buffering lidocaine with bicarbonate (↓ shelf life but ↓ pain ~ 1/2)
 - warming the lidocaine ampule
 - inject slowly at a perpendicular angle to the skin
 - move needle through areas of skin that have already been anesthetized
 - begin injection at the wound edge rather than through intact skin
- Typically recommendations are to avoid lidocaine w/ vasoconstriction on digits, penis, nose and ears (b/c concerns w/ end-artery blood supply). Recent evidence that may be safe on digits. Benefit is ↓ excessive bleeding + ↓ systemic distribution of anesthetic (↓ potential toxicity)
- Bupivacaine has longer anesthetic effect

December – Numerous asymptomatic dermal cysts

- Steatocystoma multiplex (SM) benign disorder resulting in multiple asymptomatic dermal cyst (skin coloured, firm papules and nodules)
 - Thought to be heritable – autosomal dominant
 - NO malignant potential
 - Often concerns re: cosmetics / psychological distress
 - Typically clinical diagnosis
- **Epidemiology:** adolescent + early adulthood (avg age 26 at diagnosis)
- **Clinical Features:** papules + nodules densely concentrated on trunk, arms, axillae, face, thighs, scalp (less common genitals + breasts)
- **Pathology:** very little value
- **Differential:** Steatocystoma multiplex suppurative (SMS) – similar lesions but inflamed w/ ↑ risk of infection / purulent discharge, scarring. Other common differential: acne vulgaris, vellus cyst, epidermoid or dermoid cyst, hidradenitis suppurativa, milia, follicular infundibular tumours, and lipomas
- **Management:** Carbon dioxide laser, modified needle aspiration, modified surgical techniques, cryotherapy (risk of scarring, low efficacy), medical management w/ oral isotretinoin (preferred in SMS)

¹ Ting, R., Dugré, N., Allan, G. M., & Lindblad, A. J. (2018). Ketogenic diet for weight loss. *Canadian Family Physician*, 64(12), 906.

² Lambert, C., & Goldman, R. D. (2018). Pain management for children needing laceration repair. *Canadian Family Physician*, 64(12), 900.

³ Georgakopoulos, J. R., Ighani, A., & Yeung, J. (2018). Numerous asymptomatic dermal cysts. *Canadian Family Physician*, 64(12), 892.