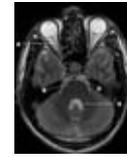


# MINERVA



**T2 weighted axial magnetic resonance image of the brain**  
Try our anatomy quiz in ENDGAMES, p 307

A 45 year old man who worried about his health consulted his GP even more frequently after his wife suddenly died. When self neglect appeared on top of depressive symptoms, the GP admitted him to a psychiatric unit. He complained of increasing pain in his extremities, which were becoming discoloured. The medical registrar put the changes down to possible Reynaud's phenomenon on three occasions but documented his findings inadequately. Eventually an arteriogram showed Buerger's disease. The patient lost several digits and sued the doctor for delayed diagnosis. The case was settled for a high sum, and is a reminder that "rare conditions do exist" ([www.medicalprotection.org/uk/case-reports-may-2010/the-patient-with-too-many-ills](http://www.medicalprotection.org/uk/case-reports-may-2010/the-patient-with-too-many-ills)).

Obese patients view public health messages about obesity in different ways depending on their own health and perceptions of stigma. Many people who were approached for this qualitative study published in *BMC Public Health* felt that messages were too often focussed on the physical rather than the emotional health consequences of obesity (2010;10:309, doi:10.1186/1471-2458-10-309). They also felt stigmatised and frustrated by the lack of realistic solutions and wanted more recognition of the complexity of obesity.

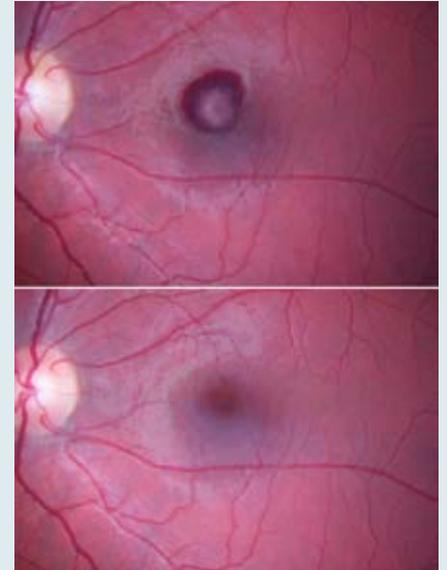
Non-exertional heat related illnesses during a heat wave can cause levels of cardiac troponin 1 to rise. A post-hoc analysis showed that patients admitted to an emergency department in Paris during the August 2003 heat wave often had raised levels of cardiac troponin 1. However, the protein was an independent risk factor only in high risk patients in whom severe increases indicated significant myocardial damage (*Critical Care* 2010;14:R99, doi:10.1186/cc9034).

Patients with implanted cardioverter defibrillators often experience anxiety and distress, but a randomised controlled study of usual or additional psychological treatment after implantation offered mixed results. Three quarters of patients said they found the intervention helpful, but age influenced its effectiveness. Patients younger than 65 years experienced an improvement in anxiety, distress, and somatic quality of life, whereas those aged 65 to 75 years showed deterioration in these outcome measures. The intervention might have actually triggered problems in older patients who had fewer concerns (*Psychosomatic Medicine* 2010;72:434-41, doi:10.1097/PSY.0b013e3181d9bcec).

A young man aged 19 years with no previous ophthalmic history presented with sudden loss of left central vision after vigorous dancing at a rave party. At presentation he could see only hand movements and funduscopy showed a well demarcated pre-retinal haemorrhage obscuring the fovea. Management consisted of observation and his vision improved to 6/12 over six months. This type of haemorrhage, known as Valsalva retinopathy, typically occurs following strenuous activity or after experiencing a Valsalva reflex.

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Patient consent obtained.  
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Chinese women who eat a lot of fruit and vegetables seem to have a lower risk of developing breast fibroadenomata. Their risk also falls with number of live births, a natural menopause, use of oral contraceptives, and doing moderate exercise (walking and gardening). Increased risks of fibroadenomata were associated with heavy physical exercise in women in their 20s, breast cancer in a first degree relative, and a history of benign breast lumps (*Journal of Nutrition* 2010;140:1294-301, doi:10.3945/jn.109.119719).

Could a traditional treatment help patients who have dementia with Lewy bodies? An editorial in *Medical Hypotheses* suggests that electroconvulsant therapy may be useful because of its success against refractory depression, psychosis, and motor symptoms of parkinsonism (2010;75:139-40, doi:10.1016/j.mehy.2010.05.001). Medical treatment for dementia with Lewy bodies is often avoided because of hypersensitivity to antipsychotic agents and the anticholinergic effects of many drugs, but electroconvulsant therapy does not have such side effects. The author expounds on the potential benefits of this treatment, while acknowledging that we don't know whether they are long lasting enough to be clinically useful.

Sticks and stones may break your bones, and words can sometimes hurt your brain. A study in the *American Journal of Psychiatry* reports that young adults who were exposed to verbal abuse from

their peers during middle school years are prone to anxiety, depression, anger-hostility, dissociation, "limbic irritability", and drug use (2010; published 15 July, doi:10.1176/appi.ajp.2010.10010030). The degree of exposure also correlated with meaningful alterations in the corpus callosum and the corona radiata in the brain.

AIDS organisations and gay men are apparently embracing the female condom, mark 2. The "FC2" was approved by the Food and Drug Administration in 2009. It has a smaller and a larger ring. Before sex, the receptive partner inserts the smaller inner ring into the vagina or anus so that the outer ring protrudes. The inner ring can be removed for anal sex, whether the receptive partners are women or men who have sex with men. The word is spreading that in essence the female condom is a misnomer (*POZ Magazine* July/August 2010, [www.poz.com](http://www.poz.com)).

Over 1500 all day soundtracks from battery powered recorders attached to the clothing of 200 children aged 10 months to 4 years have been analysed according to vocal development theory. Researchers discovered consistent differences between the vocalisations of typically developing children and those already diagnosed with autism or language delay. The soundtracks also allowed accurate prediction of age in normally developed children. The findings may help earlier detection of autism and other speech and developmental disorders (*Proceedings of the National Academy of Sciences* 2010; doi:10.1073/pnas.1003882107)

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