

5 Must-Know PYTs for your upcoming GT

1. Heavy Metal Poisoning

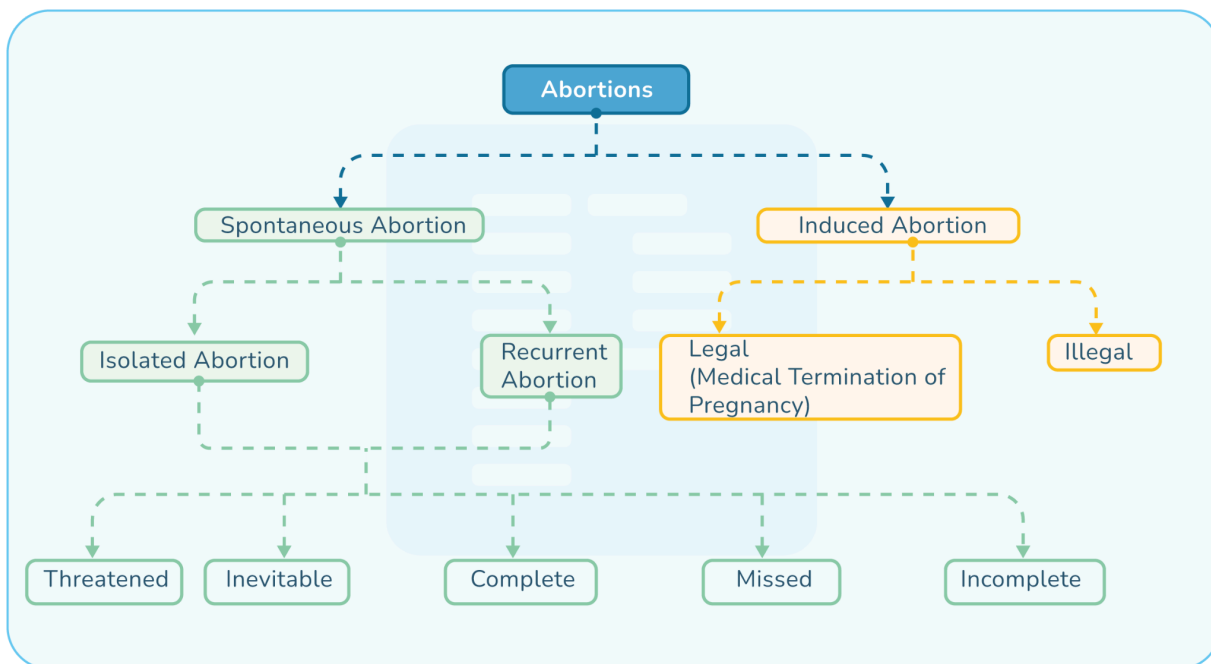
Heavy metal	Source of exposure	Clinical features
Lead	Non-industrial - Gasoline from automobile exhaust. - Contaminated water from lead pipes. - Lead paints in old homes. Industrial - Battery and cosmetic manufacturing - Printing, paint and dye factories - Glass manufacturing - Shipbuilding	Organic lead - Wrist and/or foot drop. - Insomnia. - Headache. - Mental confusion. Inorganic lead - Anemia. - Burton's line - blue lines on gums. - Colic, abdominal pain with diarrhoea/constipation.
Arsenic	- Pesticide - Contaminated water - Copper and lead smelting - Wood preservatives	Acute poisoning - Gastroenteritis (Rice watery diarrhoea) - Hypotension - Non-cardiogenic pulmonary oedema - Proteinuria - Seizures, delirium and encephalopathy Subacute poisoning (1-3 weeks) - Glove stocking pattern polyneuropathy - Absent deep tendon reflex - Anaemia, Leukopenia Chronic poisoning - Raindrop pattern hyperpigmentation - Palmar-plantar hyperkeratosis - Alopecia - Angiosarcoma - Hepatomegaly - Gangrene of extremities.
Mercury	- Fish (from water pollution) - Dental amalgam - Gold and mercury mining	- Greying of the oral mucosa - Hemorrhagic gastroenteritis - Acute tubular necrosis

	Contaminated food and grains	- Shock - Excessive irritability - Acrodynia (painful extremities) - Facial paresthesias - Ataxia (loss of coordination), Dementia - Blindness
Cadmium	- Smoking - Paint manufacturing - Nickel-cadmium battery manufacturing - Plastic production	Acute poisoning - Inhalation: Pneumonitis; ARDS - Ingestion: GIT hemorrhagic necrosis Chronic poisoning - Osteomalacia - Parkinson like symptoms - Proteinuria

2. Fregoli syndrome

- Fregoli syndrome is a **delusional misidentification syndrome** in which the patient believes that **different people are actually a single familiar** person in disguise.
 - Named after Leopoldo Fregoli, an actor famous for rapid costume changes.
 - Commonly associated with schizophrenia, dementia, traumatic brain injury, and psychosis.
 - Thought to occur due to abnormal facial recognition with hyperfamiliarity.
 - The opposite concept of Capgras syndrome is where a familiar person is believed to be an impostor.
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3. Types of Abortion



- **Threatened abortion** → vaginal bleeding with **closed cervical os**; pregnancy may continue.
- **Inevitable abortion** → bleeding/cramps with **open cervical os**; expulsion unavoidable.
- **Incomplete abortion** → some products of conception expelled, some retained.
- **Complete abortion** → all products expelled; uterus becomes empty and os closes.
- **Missed abortion** → fetal death with retained products; uterus retains nonviable pregnancy.
- **Septic abortion** → abortion complicated by **uterine infection/sepsis**.
- **Recurrent (habitual) abortion** → $\geq 2-3$ consecutive spontaneous pregnancy losses.
- **Medical termination of pregnancy (induced abortion)** → intentional termination by medical/surgical methods.

4. Osteogenesis Imperfecta vs Battered Baby Syndrome

Feature	Osteogenesis Imperfecta (OI)	Battered Baby Syndrome (Non-accidental injury)
Cause	Genetic defect in type I collagen	Physical child abuse

Fractures	Recurrent fractures with minimal trauma	Fractures at different stages of healing
Blue sclera	Present (classical finding)	Absent
Teeth	Dentinogenesis imperfecta common	Normal
Hearing loss	May occur	Absent
Bone quality	Generalised osteopenia/brittle bones	Usually normal bones
Family history	Often positive	Usually absent/suspicious social history
Bruises/burns	Uncommon	Commonly present
Rib/posterior rib fractures	Less typical	Highly suggestive of abuse
Metaphyseal “corner” fractures	Rare	Classical for abuse
Other clues	Wormian skull bones, short stature	Retinal hemorrhage, inconsistent history

5. Brugada Syndrome

- **Brugada syndrome** is an inherited **sodium channelopathy** causing predisposition to **ventricular arrhythmias and sudden cardiac death**.
 - ECG shows **coved ST-segment elevation in V1-V3 with RBBB-like pattern**.
 - Commonly presents with **syncope, nocturnal agonal respiration, or sudden death** in young adults.
 - Mutation most commonly involves the **SCN5A gene** affecting cardiac Na⁺ channels.
 - Definitive treatment in high-risk patients → **implantable cardioverter-defibrillator (ICD)**.
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