

STANDARD RULES

1. Deal seven (7) CARDS to each player. The player to the dealer's left goes first.
2. The first player chooses a controversy from the included CARD labeled "Controversies", and a CARD from his or her hand, and announces the controversy chosen as he or she lays down the CARD.
3. The player to his or her left may take up the challenge or pass.
4. If the second player has passed, the third player MUST take up the challenge.
5. A player takes up a challenge by playing a CARD and beginning a one minute speech in favor of his or her chosen CARD.
6. The first player then makes a one minute speech in favor of his or her chosen CARD.
7. The player who is not involved in the challenge serves as the iudex. Both CARDS are awarded to the player chosen by the iudex as the winner.
8. CARDS awarded are placed in front of the player to be counted at the end of the CARD-tamen™.
9. The turn passes to the left, and play continues until one player is out of CARDS.
10. The winner of CARD-tamen™ is the player with the most CARDS in front of him or her.

Controversies: (d20)

1. More significant to medical personnel
2. More significant to patients
3. More significant to families
4. More significant to hospitals
5. Capable of inspiring better stories
6. More complex
7. Less appreciated
8. More relevant across medical specialties
9. More important to medical research
10. More important to understanding physiology
11. Better mascot for the field of medicine
12. More important to medical history
13. More important to healthcare policy
14. More deserving of fundraising
15. More fascinating
16. More difficult to explain to patients
17. More problematic
18. More important in medical education
19. More likely to be misunderstood
20. Induces more anxiety

ACETAMINOPHEN

MEDICATIONS

Paracetamol, more commonly known as acetaminophen, is a mild analgesic typically used to treat headaches, cold, and flu. It is safe taken at recommended doses, but even small overdoses can result in liver failure.

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Visit:

practomime.com

for more info about additional CARD-tamen™ decks and to order full versions.

ARSPHENAMINE

MEDICATIONS

During the first decade of the 20th century, arspenamine was sold as a chemotherapeutic agent for treating syphilis. It was one of few antimicrobial drugs available at the time that could treat infection without killing the patient.

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ALZHEIMERS DISEASE

DISEASES

Alzheimer's disease is a progressive neurodegenerative disorder with no cure. It accounts for 60 to 70% of dementia cases, causes the afflicted to lose skills, memories, and the ability to communicate, and eventually necessitates full-time living assistance.

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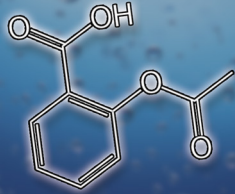
ANTIRETROVIRALS

MEDICATIONS

Antiretrovirals are used to treat retroviruses, a class of infectious particles that replicate in a host cell through the process of reverse transcription. These drugs are most commonly employed to slow the progression of HIV.

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ASPIRIN



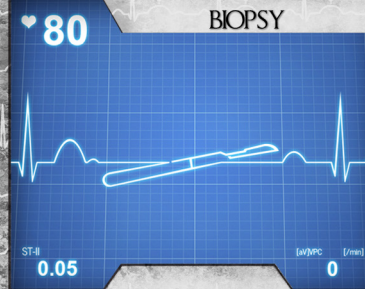
MEDICATIONS

Aspirin, or acetylsalicylic acid, is primarily used to relieve minor aches, pains, fevers, and areas of inflammation. Though its active metabolite was originally discovered in 1763, it was another 134 years before it was first synthesized in a lab setting.



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BIOPSY



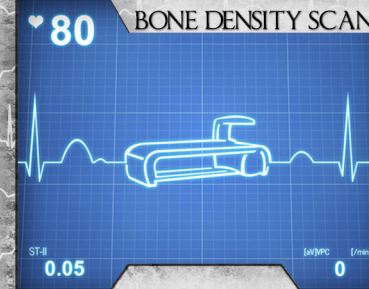
PROCEDURES

Surgeons and other medical professionals use biopsies to study sample cells and tissues. The target material is removed using a scalpel or other tool and examined under a microscope. This is most often done in order to analyze potential cancers and inflammatory conditions.



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BONE DENSITY SCAN



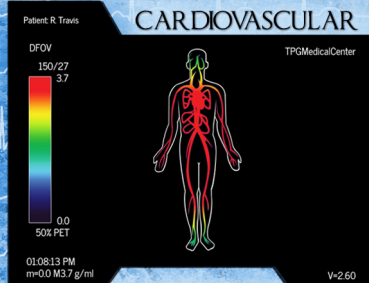
PROCEDURES

Bone density scanning--otherwise known as dual-energy x-ray absorptiometry (DEXA)--is a form of x-ray technology employed to measure bone mineral density. It is the most common method for diagnosing osteoporosis and can be used to assess at-risk patients' likelihood for bone fracture.



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CARDIOVASCULAR



BODY SYSTEMS

Driven by the heart, the cardiovascular system circulates blood and moves oxygen, carbon dioxide, hormones, and nutrients throughout the body. It is integrated with the respiratory system via the pulmonary arteries and veins.



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CHEMOTHERAPY



PROCEDURES

Chemotherapeutic approaches involve the use of cytotoxic chemical agents to kill cancerous masses. While reasonably effective, especially in conjunction with radiation therapy and/or surgery, the indiscriminate targeting of rapidly dividing cells often results in a weakened immune system, loss of hair, and nausea.



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CHRONIC OBSTRUCTIVE PULMONARY DISEASE



DISEASES

Chronic obstructive pulmonary disease, or COPD, makes breathing exceptionally difficult. There are two main forms of COPD: chronic bronchitis, causing intense coughing fits, and emphysema, causing lung deterioration over time.



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CORONARY ARTERY DISEASE



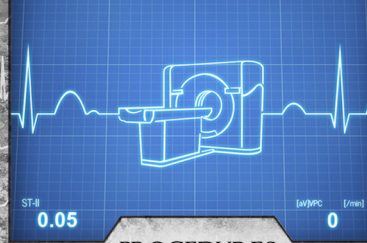
DISEASES

Coronary artery disease is the most common cause of death in the world. It results from a narrowing of arteries that feed blood to the heart, typically due to smoking, diabetes, high blood pressure, and/or high cholesterol.



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CT SCAN



PROCEDURES

Computed tomography (CT) scans are used to create cross-sectional images of the body. The approach was developed in the 1970s and has since become a vital tool for medical imaging and preventative cancer screening. There are now multiple types of CT scans, including PET and SPECT.



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DIABETES



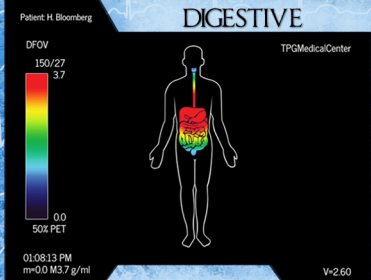
DISEASES

Diabetes mellitus is a group of metabolic disorders resulting from the pancreas failing to produce sufficient insulin or cells failing to respond to the insulin produced. In many individuals, it can be prevented with proper diet and exercise.



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DIGESTIVE



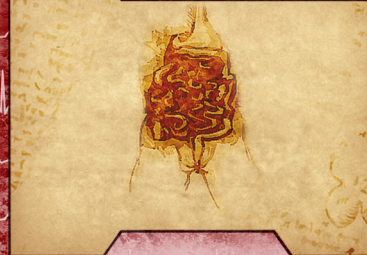
BODY SYSTEMS

The digestive system begins with the mouth. Food is masticated before being broken down in the stomach, processed and absorbed in the small intestine, dehydrated in the large intestine, and defecated via the rectum.



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DYSENTERY



DISEASES

Diarrheal diseases inflame the intestines, deplete bodily fluids, and result in profound dehydration. Together, they cause more child deaths across the world than AIDS, malaria, and measles combined.



Access to clean water is the key to avoiding such illnesses.

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ELECTROCARDIOGRAPHY

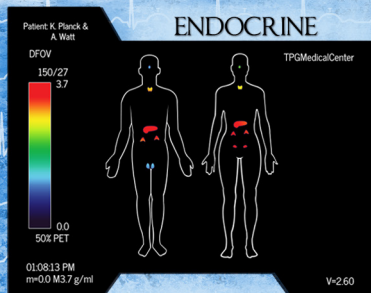


PROCEDURES

Electrocardiography (EKG/ECG) measures the heart's electrical conduction system to detect abnormalities. Electrodes placed on the patient's torso relay information that can help doctors diagnose coronary heart disease, myocardial infarction, pulmonary embolism, and various genetic heart disorders.



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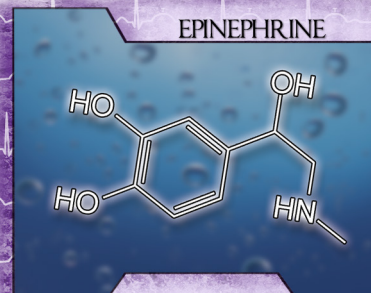


BODY SYSTEMS

The endocrine system is made up of multiple glands, including the thyroid, hypothalamus, pituitary, and others. However, these fleshy masses should not be confused with exocrine glands, their less vascular, ductal counterparts.



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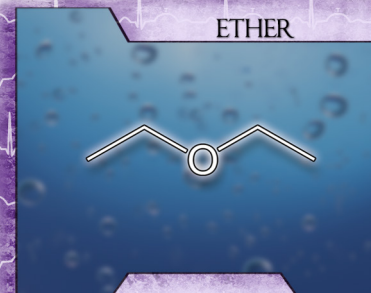


MEDICATIONS

Epinephrine pulls double-duty as both a neurotransmitter and hormone. It has multiple medicinal uses, including treatment for cardiac arrest, asthma attacks, and, taken via autoinjector, anaphylaxis.



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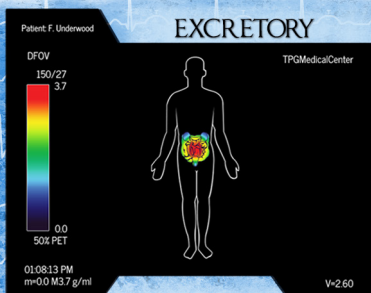


MEDICATIONS

Diethyl ether is a flammable organic compound with narcotic properties. Until the early 1900s, mixtures of alcohol and ether were used to anesthetize patients prior to surgery, but they lost favor as safer compounds became available.



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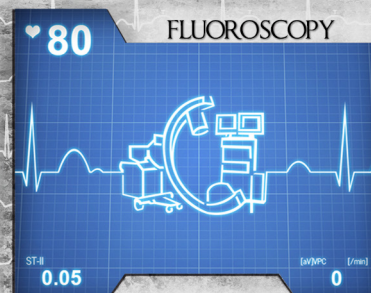


BODY SYSTEMS

The excretory system removes unneeded materials from the body. While it primarily expels metabolic waste and/or digested foodstuffs, it also helps control homeostasis by draining excess water and various other substances.



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PROCEDURES

Fluoroscopic imaging uses x-rays to view real-time action of internal structures (e.g., swallowing). The simplest version involves placing an x-ray source on one side of the patient's body and a fluorescent screen on the other, but modern iterations couple the traditional fluoroscope with digital imaging technology.



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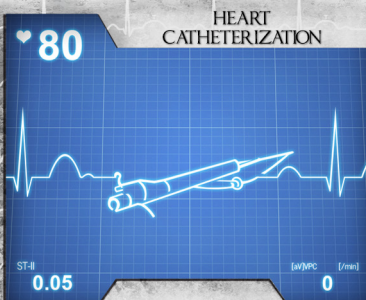


DISEASES

Foodborne illnesses are typically caused by contamination by bacteria, viruses, or parasites. Because it takes time for incubation to occur, individuals often fail to recognize the relationship between a particular food and the resulting illness.



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PROCEDURES

In order for cardiologists to collect data about the heart and blood vessels, it may be necessary to utilize a heart catheter. This involves inserting a thin, flexible tube into the heart through the groin or arm. Depending on whether or not a blockage is found, the catheter can be used to perform angioplasty and insert a stent.



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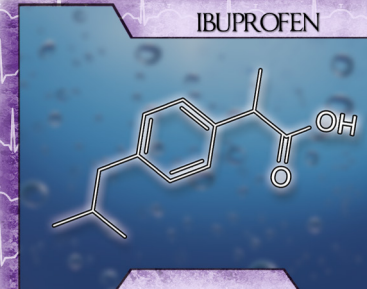


DISEASES

Human immunodeficiency virus is a retrovirus that targets the body's immune system. It is transferred through blood, semen, vaginal fluid, pre-ejaculate, and breast milk. Untreated, average survival time is roughly 9 to 11 years.



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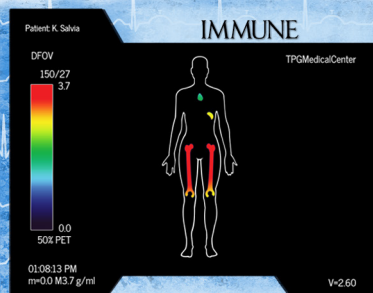


MEDICATIONS

Part of the NSAID family, ibuprofen is a derivative of propionic acid used to relieve pain, fever, and inflammation. It accomplishes treatment by inhibiting the synthesis of prostaglandins through interference with the enzyme cyclooxygenase.



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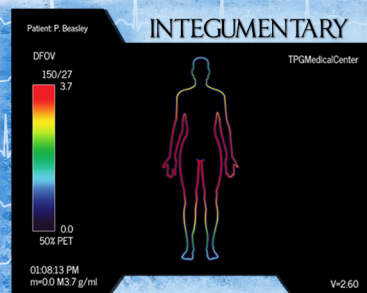


BODY SYSTEMS

The immune system protects the body from various disease-causing agents. In many species, it can be parsed into discrete subsystems that specialize in particular functions (e.g., innate vs. adaptive, humoral vs. cell-mediated).



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BODY SYSTEMS

Protecting the body from loss of water, microorganisms, and physical damage falls to the integumentary system. Skin and hair allow for the detection of pressure, pain, and temperature as well as excreting wastes, secreting sweat, and cushioning internal tissues.



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PROCEDURES

Minimally-invasive surgery techniques have revolutionized the way patients are treated. The incision is typically made far from the target, and due to its small size, it reduces the risk of hemorrhaging, pain, and a long recovery. Laparoscopic tools include telescopic lenses or video cameras attached to a fiber optic cable and light source.



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LUNG CANCER



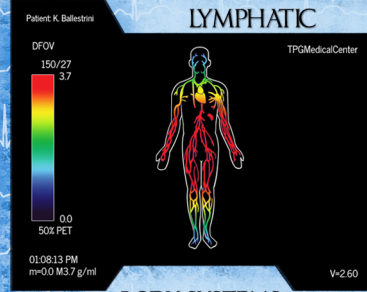
DISEASES

The vast majority of lung cancers result from long-term exposure to tobacco smoke. They often develop in the lungs' epithelial lining and, untreated, metastasize to other parts of the body. As of 2012, they were the most common cause of cancer-related death.



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LYMPHATIC



BODY SYSTEMS

The lymphatic system is associated with the cardiovascular system. As blood is filtered throughout the day, approximately 20% is left behind in interstitial spaces. Capillary action returns it to the heart to re-enter the blood stream as a clear liquid called "lymph."



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MALARIA



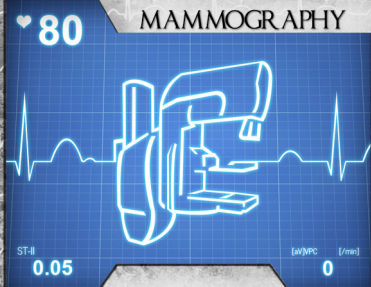
DISEASES

Malaria is caused by parasitic protozoa living in mosquito saliva. The disease's symptoms--including fever, fatigue, and vomiting--often lead to seizures, coma, and death, earning its carrier the title of deadliest animal on earth.



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MAMMOGRAPHY



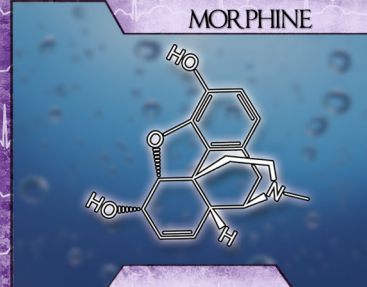
PROCEDURES

Mammography involves the use of low-energy x-rays to screen breast tissue and diagnose breast cancer through the detection of microcalcifications and other masses. If a mass is discovered, ultrasound is often used to further evaluate its composition and determine a course of action.



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MORPHINE



MEDICATIONS

Morphine is an opiod derived from the opium poppy. Though it is quite good at relieving pain by acting directly on the central nervous system, it has a high potential for addiction as tolerance and dependence develop rapidly.



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MAGNETIC RESONANCE IMAGING (MRI)

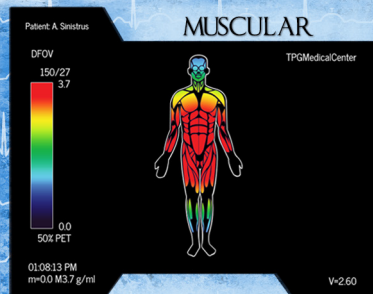


PROCEDURES

Magnetic resonance imaging (MRI) is used to examine patient anatomy and physiology by recording the interaction of strong magnetic fields and radio waves. Special applications allow radiologists to track the diffusion of water in bodily tissues, diagnose arterial stenosis and aneurysms, and measure brain activity.



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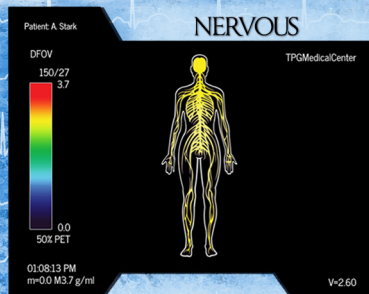


BODY SYSTEMS

The human body contains three types of muscle: skeletal, smooth, and cardiac. These serve multiple functions, including movement, maintaining posture, circulating blood, and pushing food through the digestive tract.



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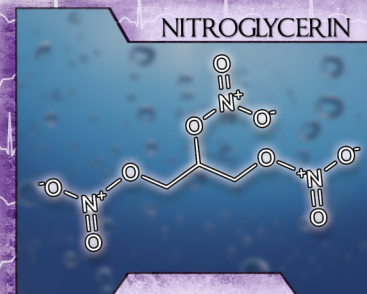


BODY SYSTEMS

Comprised of the brain, spine, and peripheral nervous tissues, the nervous system is responsible for sending signals between various portions of the body. This includes movement, involuntary action, perception, and thinking.



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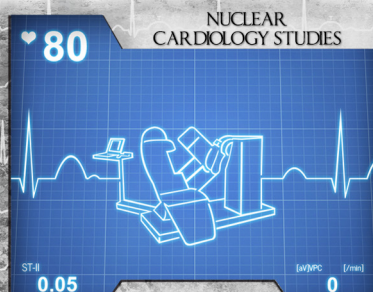


MEDICATIONS

Nitroglycerin tablets and sprays are used to treat angina in individuals suffering from coronary artery disease. At low dosage levels, veins dilate more than arteries (reducing preload), but at higher doses, arteries dilate as well (reducing afterload).



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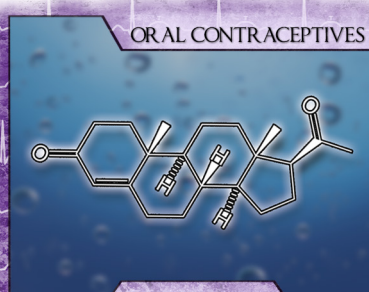


PROCEDURES

Nuclear cardiology studies are used to evaluate the heart's pumping function, measure blood flow, and visualize the size and location of a myocardial infarction. It is considered non-invasive and usually involves injection with a chemical agent followed by light exercise and scanning with a gamma camera.



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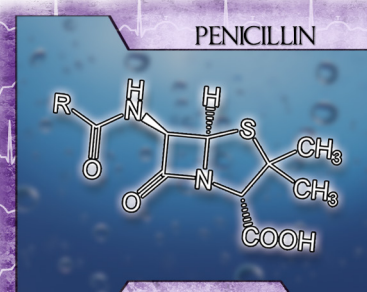


MEDICATIONS

There are two types of oral contraceptive pills: 1) combined estrogen and progestin, and 2) progestin-only. Development of "the pill" had substantial sociocultural effects, heightening debate about pre-marital sex and female sexual autonomy.



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MEDICATIONS

Penicillin antibiotics were some of the first used to treat severe bacterial illnesses. However, overreliance and misuse throughout the 20th century rendered multiple bacterial strains resistant, leading to the development of so-called "superbugs."



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PNEUMONIA



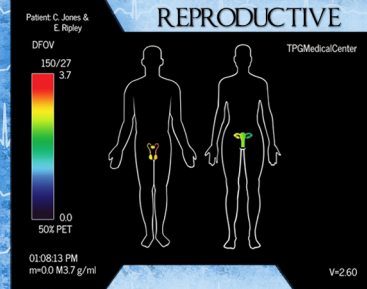
DISEASES

Pneumonia is a lung condition wherein viral or bacterial infection inflames the respiratory air sacs known as alveoli. The disease can usually be treated with antibiotic and vaccine therapy, but it is quite dangerous to the old, young, and immunocompromised.



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REPRODUCTIVE



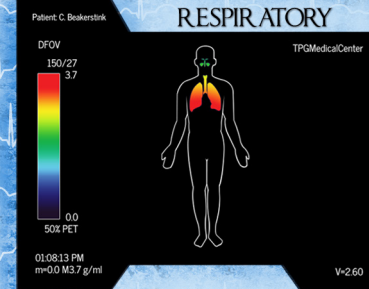
BODY SYSTEMS

The primary job of the reproductive system is to produce offspring, but it also controls a variety of fluids, hormones, and pheromones peripheral to sex itself. Unlike other systems, its organs show substantial structural differences between males and females.



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RESPIRATORY



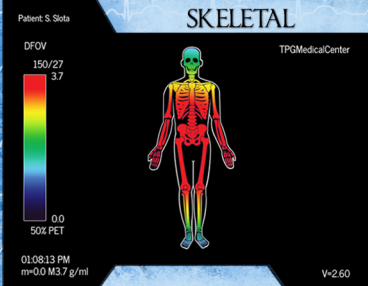
BODY SYSTEMS

Inhalation and exhalation occur as functions of the respiratory system. It is comprised of the lungs, trachea, bronchi, bronchioles, and diaphragm, all of which interact to intake oxygen and exchange it with carbon dioxide.



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SKELETAL



BODY SYSTEMS

The adult human body contains 206 bones. These dense structures support, move, and protect the body while simultaneously housing the blood-producing marrow cells and the hormone osteocalcin, a contributor to blood sugar regulation and fat deposition.



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SMALLPOX



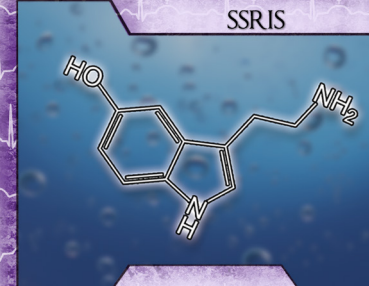
DISEASES

Smallpox was one of the deadliest and most contagious diseases ever to plague mankind. It killed between 60 and 80% of the individuals it infected before its final eradication in 1979 (thanks to strategic quarantines and vaccination).



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SSRIS



MEDICATIONS

Selective serotonin re-uptake inhibitors are used to treat a variety of depressive and anxiety disorders. Though their mechanism is not completely understood, it's believed they inhibit presynaptic serotonin resorption, trapping it in the synaptic cleft.



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STROKE



DISEASES

A stroke occurs when blood flow to a portion of the brain is blocked. Loss of blood means the brain cannot get the oxygen and nutrients it needs to survive. Symptoms often include confusion, clumsiness,

trouble speaking, and sudden muscle weakness.



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TUBERCULOSIS



DISEASES

Tuberculosis is an infectious, often-fatal lung disease resulting in chronic cough, bloody sputum, fever, sweating, and weight loss. Patient weight loss, specifically, is why the disease was historically known as "consumption."



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ULTRASOUND



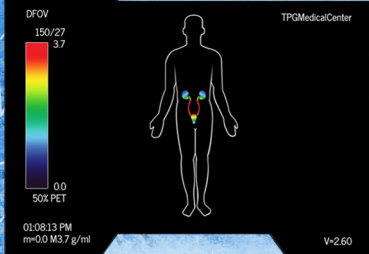
PROCEDURES

As the name implies, ultrasonography is rooted in the measurement of oscillating sound waves. It is perhaps best known for its application in imaging fetuses during routine and emergency prenatal care. However, it is also used to visualize tendons, muscles, and internal organs in humans and animals.



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URINARY



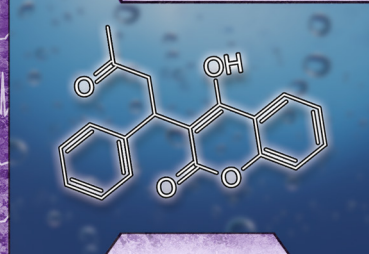
BODY SYSTEMS

The urinary system is a subset of the excretory system, responsible for regulating blood volume, pH, and electrolyte levels. The kidneys filter and process blood to produce urine. It is stored in the bladder until its eventual expulsion through the urethra.



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WARFARIN



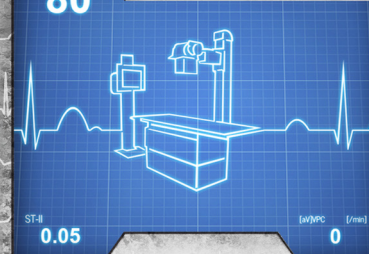
MEDICATIONS

Frequently (though inaccurately) described as a blood thinner, warfarin is an anticoagulant used to prevent thrombosis and thromboembolism. Despite its usefulness, however, it negatively interacts with a variety of common drugs and foods.



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X-RAY



PROCEDURES

X-ray radiography is used to view internal structures of non-uniformly composed, opaque objects. A technologist projects a heterogeneous beam of x-rays at the target, causing some to be absorbed and the rest to pass through. An object detector (e.g. film) captures the passing x-rays and uses them to create an image.



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