

ENDOCRINE

DAY 1

Endocrine Physiology Foundations

Total Duration: 1 hour, 13 minutes, 2 seconds (1:13:02)

- Key Concepts (0:43)
- Hormone Receptor Pathways (33:09)
- Thyroid Synthesis and Regulation (9:57)
- Adrenal Cortex Zones (13:40)
- Calcium Homeostasis (8:34)
- Estrogen and Progesterone (6:59)

Suggested Study Duration:

- 30 minutes for active recall using the Endocrine Physiology Handout (revised).

DAY 2

NBME Endocrine Top Concepts

Total Duration: 1 hour, 17 minutes, 18 seconds (1:17:18)

- Introduction (5:53)
- Lecture Preview (1:25)
- Hormone Signaling (9:46)
- Thyroid Disorders (7:38)
- Hypothyroid (6:06)
- Hyperthyroid (9:45)
- PTH and Calcium (9:57)
- MEN Syndromes (6:29)
- Islet Cell Tumors (3:33)
- DKA vs. HHS (6:27)
- Diabetes Pharmacology (4:55)
- Aldosterone Disorders (3:12)
- Conclusion (2:12)

Suggested Study Duration:

- 30 minutes for reviewing handouts and notes, focusing on high-yield topics like MEN Syndromes and Diabetes Pharmacology

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DAY 3

Mechanisms of Pharmacology (Endocrine)

Total Duration: 52 minutes, 22 seconds (0:52:22)

- Endocrine: Thyroid Disorders (15:44)
- Integrative Classroom Case: Adrenal Disorders (19:16)
- Approaching Diabetes Questions on the USMLE (6:11)
- GLUT Receptor Review (3:24)
- Diabetes Pharmacology (5:46)
- Insulin Preparations (2:01)

Suggested Study Duration:

- 30 minutes for focused review of diabetes questions and pathways using the Mechanisms of Pharmacology (Endocrine) PDF Handout.

DAY 4

Mechanisms of Pharmacology (ANS)

Total Duration: 2 hours, 32 minutes, 53 seconds (02:32:53)

- USMLE Step 1 Pharmacology of the Autonomic Nervous System (1:06:10)
- Toxicology for the USMLE (Antidotes) (18:32)
- Cardiovascular, Endocrine, Autonomic NBME Review (69:11)

Suggested Study Duration:

- 45 minutes for active recall using the First Aid Rapid Review for the USMLE (Cardio, Endo, ANS) PDF Handout.