

ABDOMINAL COMPARTMENT SYNDROME TRIAD
Trauma
1 Oliguria
2 Elevated Peak Airway Pressure
3 Elevated Intra-abdominal pressure
ACHALASIA TRIAD
Congenital achalasia / GI
1 Dysphagia
2 Regurgitation
3 Eventually weight loss
ACUTE INTERMITTENT PORPHYRIA TRIAD
Hematology
1 Severe Abdominal Pain
2 Red Urine
3 Abnormal Illness Behavior
ACUTE LIVER FAILURE TRIAD
Liver Failure / GI
1 Jaundice
2 Coagulopathy
3 Encephalopathy
ALBINISM TRIAD
Genetics
1 Black locks
2 Occulo-cutaneous Albinism
3 Deafness of sensorineural type
ALKAPTONURIA TRIAD
Alkaptonuria / Genetic
1 Ochronotic arthritis (homogentisic acid deposits)
2 Ochronotic pigmentation
3 Urine darkens in standing
ALL GROVE TRIAD (AAA)
Allgrove Syndrome / Endocrine
1 Adrenal insufficiency
2 Achalasia cardia
3 Alacrimia (deficiency or absence of tears)
ALPORTS SYNDROME TRIAD
Heredity Nephritis / Renal
1 Sensorineural deafness
2 Progressive renal failure
3 Ocular anomalies
ANDERSON'S TRIAD
Association / GI and Pulmonary
1 The association of cystic fibrosis
2 Celiac disease
3 Vitamin A deficiency
ATOPIC TRIAD
Atopic Dermatitis (Eczema) / Derm
1 Atopic dermatitis
2 Asthma
3 Allergic rhinitis
AUSCULTATORY TRIAD OF MITRAL STENOSIS TRIAD
Cardiac
1 Increase 1st heart sound
2 Opening snap
3 Apical diastolic rumble
BARTTER'S TRIAD
Bartter's Syndrome / Genetics
1 Metabolic Alkalosis
2 Hypokalemia
3 Normal or decrease blood pressure
BECK'S TRIAD
Cardiac Tamponade / Cardio
1 Muffled Heart Sounds
2 Distended Neck Veins
3 Hypotension
BEHÇET'S TRIAD
Behçet's disease / Rheumatology
1 Recurrent oral-aphthous ulcers
2 Genital ulcers
3 Uveitis
BERGMAN'S TRIAD
Fat Emboli Syndrome / Trauma
1 Mental status change
2 Petechiae (often in the axilla/thorax)
3 Dyspnea
BIOTIN DEFICIENCY CAUSES TRIAD
Genetic
1 Glossitis
2 Alopecia
3 Dermatitis
BORCHARDT'S TRIAD
Acute Gastric Volvulus / GI
1 Severe epigastric pain
2 Retching without vomiting
3 Inability to pass a nasogastric tube
CARCINOID TRIAD
GI Tract Tumor / GI
1 Flushing
2 Diarrhea
3 Right sided heart failure
CHARCOT'S MULTIPLE SCLEROSIS TRIAD
MS / Neuro
1 Nystagmus
2 Intention tremor
3 Scanning or staccato speech
* While this triad is characteristic of multiple sclerosis, it is not considered definitely diagnostic.
CHARCOT'S CHOLANGITIS TRIAD
Cholangitis / GI
1 Jaundice
2 Fever, usually with rigors
3 Right upper quadrant abdominal pain
When the patient presents also with hypotension and mental status changes, it is known as Reynolds' pentad
CHF TRIAD
Congestive Heart Failure / Cardio
1 Tachycardia
2 Tachypnea
3 Tender Hepatomegaly
CUSHING'S TRIAD
Increased Intracranial Pressure / Endo
1 Bradycardia
2 Bradypnea
3 Hypertension
DIABETES TRIAD
Diabetes / Endo
1 Polyuria
2 Polyphagia
3 Polydipsia
DIEULAFOY'S TRIAD
Acute Appendicitis / GI
1 Abdominal tenderness
2 Skin hypersensitivity
3 Contraction of the muscle at McBurney's point
ECTOPIC PREGNANCY TRIAD
Ectopic Pregnancy / OB/GYN
1 Pregnancy
2 Vaginal bleeding
3 Abdominal pain
ERROR TRIAD
Missed Dx of Breast Cancer / Surgery
1 Young patients, age <45
2 Self discovered mass
3 Negative mammogram
FANCONI SYNDROME TRIAD
Fanconi Syndrome / Musculoskeletal
1 Aminoaciduria
2 Proteinuria
3 Phosphaturia
FELTY SYNDROME TRIAD
Felty's Syndrome / Rheumatology
1 RA
2 Splenomegaly
3 Neutropenia
FEMALE ATHLETE TRIAD
Endo
1 Eating disorder
2 Amenorrhea
3 Decreased bone mineral density
GRADENIGO TRIAD
Gradenigo's Syndrome (Petrous Apicitis) / ENT
1 Petrous apicitis persistent ear d/c
2 6th cranial nerve palsy
3 Retro-orbital pain
HAND-SCHÜLLER-CHRISTIAN TRIAD
Hand-Schüller-Christian Disease (Langerhans Cell Histiocytosis) / Endo
1 Lytic bone lesions (often in the skull)
2 Exophthalmos
3 Diabetes insipidus (from pituitary stalk infiltration)
HEMOLYTIC UREMIC SYNDROME TRIAD
Kidney Failure / Heme / Renal
1 Anemia
2 Renal failure
3 Thrombocytopenia (ART)
HORNER SYNDROME TRIAD
Horner Syndrome / Neuro
1 Mild ptosis
2 Loss of Hemifacial Sweating
3 Ipsilateral miosis
HUTCHINSON'S TRIAD
Congenital Syphilis / Neurology
1 Dental abnormalities - Notched incisors
2 Interstitial keratitis
3 Deafness
HYPERNEPHROMA TRIAD
Renal Cell Carcinoma / Renal
1 Flank Pain
2 Hematuria
3 Renal mass
KARTAGENER'S TRIAD
Primary Ciliary Dyskinesia / Pulmonary
1 Situs inversus
2 Chronic sinusitis and/or nasal polyposis
3 Bronchiectasis
KWASHIORKOR TRIAD
Kwashiorkor (Malnutrition) / Pediatrics
1 Growth retardation
2 Mental changes
3 Edema
LENK'S TRIAD
Wunderlich Syndrome / Vascular
1 Acute flank pain
2 Flank mass
3 Hypovolemic shock
LETHAL TRIAD
Shock / Trauma
1 Metabolic acidosis
2 Coagulopathy of trauma
3 Hypothermia
LUCIANI TRIAD
Cerebellar Disease / Neuro
1 Asthenia
2 Atonia
3 Astasia
MACDONALD TRIAD (TRIAD OF SOCIOPATHY OR THE HOMICIDAL TRIAD)
Predicting Future Criminal Sociopathic behavior / Psych
1 Enuresis
2 Fire-setting
3 Small animal torture
MECKLERS (MACKLERS) TRIAD
Boerhaave Syndrome (Spontaneous Esophageal Rupture) / GI
1 Vomiting
2 Lower chest pain
3 Subcutaneous emphysema
MEIGS' TRIAD
Meigs' Syndrome / GYN
1 Ascites
2 Pleural effusion
3 Benign ovarian tumor (usually a fibroma, Brenner tumor and occasionally granulosa cell tumor)
MELTZER'S TRIAD
Cryoglobulinaemia / Rheumatology
1 Purpura
2 Arthralgia
3 Myalgia / weakness
MENIERE'S TRIAD
Meniere's Disease / ENT
1 Hearing loss
2 Vertigo
3 Tinnitus
NPH TRIAD
Normal Pressure Hydrocephalus / Geriatrics / Neuro
1 Gait disturbance (wobbly)
2 Urinary incontinence (wet)
3 Memory loss (wacky)
O'DONOGHUE'S UNHAPPY TRIAD
Knee Injury / Musculoskeletal
1 ACL tear
2 Medial meniscus tear
3 MCL tear
OPIOID OVERDOSE TRIAD
Drug Overdose / Emergency
1 Pinpoint Pupils
2 Unconsciousness
3 Respiratory Depression
PELLAGRA TRIAD (3D'S)
Pellagra / Endo
1 Dementia
2 Diarrhea
3 Dermatitis
PHEOCHROMOCYTOMA TRIAD
Hypertension / Cardiac
1 Headache
2 Diaphoresis
3 Tachycardia
PIERRE-ROBIN TRIAD
Pierre-Robin Syndrome / ENT
1 Micrognathia (small lower jaw)
2 Glossoptosis (tongue tends to fall back and downwards)
3 Airway compromise
PORTAL TRIAD
Component of the Hepatic Lobule / GI
1 Hepatic portal vein
2 Hepatic artery
3 Common bile duct (Lymphatic vessels and branch of vagus nerve have been added to triad)
PRE-ECLAMPSIA TRIAD
Pre-Eclampsia / OB/GYN
1 High BP
2 Edema
3 Proteinuria
QUINKE'S TRIAD
Hemobilia / GI
1 Epigastric pain
2 Upper GI Bleeding
3 Obstructive Jaundice
REITER'S SYNDROME TRIAD
Reactive Arthritis / Rheumatology
1 Conjunctivitis (Can't See)
2 Urethritis (Can't Pee)
3 Arthritis (Can't Climb a Tree)
RIGLER'S TRIAD
Gall Stone Ileus / GI
1 Pneumonilia (Air in GB)
2 Partial / Complete Bowel Obstruction
3 Gall Stone in Ileum
RUPTURED AAA TRIAD
Abdominal Aortic Aneurysm / Cardio
1 Hypotension
2 Back or flank pain
3 Pulsatile abdominal mass
SAINTS TRIAD
(Has been associated with obesity) GI
1 Hiatal hernia
2 Cholelithiasis
3 Diverticulosis
SAMTER'S TRIAD
Aspirin Induced Asthma / Pulm
1 Nasal polyps
2 Asthma
3 Aspirin sensitivity
SANDBLOM TRIAD
Hemobilia / GI
1 Melena
2 Jaundice (obstructive)
3 Biliary colic
SCHULTZ TRIAD
GI
1 Jaundice
2 Gangrenous Stomatitis
3 Leukopenia
SPASMUS NUTANS TRIAD
Spasmus Nutans / Pediatrics
1 Asymmetric and pendular nystagmus
2 Head nodding
3 Torticollis
TETANY IN CHILDREN TRIAD
Hypocalcemia / Hypoparathyroidism / Endo
1 Stridor
2 Carpopedal spasm
3 Convulsions
TRIPLE TEST TRIAD
Downs Syndrome / Genetics
1 Estriol
2 AFP
3 Estimation of hcg
TROTTER'S TRIAD
Nasopharyngeal Carcinoma / ENT
1 Conductive deafness
2 Immobility of homolateral soft palate
3 Trigeminal neuralgia
VIRCHOW'S TRIAD
Thrombosis Risk / Hematology
1 Stasis
2 Hyper-coagulability
3 Endothelial damage
VOGT'S TRIAD
Tuberous Sclerosis (Bourneville Disease) - Neuro
1 Seizures: absent in one-quarter of individuals
2 Mental retardation: up to half have normal intelligence
3 Adenoma sebaceum: only present in about three-quarters of patients
WADDELL'S TRIAD
Trauma / Surgery
1 Femur Fracture
2 Intra-abdominal or intra-thoracic injury
3 Head injury
WERNICKE'S TRIAD
Wernicke's Encephalopathy / Neuro
1 Ataxia
2 Confusion
3 Ophthalmoplegia
WHIPPLE'S TRIAD
Pancreatic insulinoma / Endo
1 Fasting hypoglycemia <50
2 Symptoms during hypoglycemia
3 Immediate relief of symptoms after the administration of IV glucose
WILMS TUMOR TRIAD
Tumor of the Kidney / Renal
1 Abdominal pain
2 Flank mass
3 Hematuria
WILSON'S DISEASE TRIAD
Wilson's Disease / GI
1 Kayser-Fleischer rings
2 Liver failure
3 Movement disorders (dystonia and tremor)
ZOLLINGER-ELLISON TRIAD
Zollinger-Ellison Syndrome / GI
1 Hypergastrinemia
2 Peptic Ulcer
3 Non-Beta Cell Tumor

