

HIGH YIELD ARROWS



DAY 1

High Yield Arrows

Total Duration: 50 minutes

- Overview of Arrow Questions – 3:54
- Cardiology System – 1:23
- Baroreceptor Reflex – 7:51
- Edema – 2:36
- Aldosterone Escape – 3:04
- Ventricular Septal Defect – 3:05
- Respiratory System – 1:09
- Chronic Respiratory Acidosis – 3:10
- Hypoxemia – 5:10
- Aging – 1:36
- Neonatal ARDS – 2:05
- Endocrine System – 1:19
- Adrenal Insufficiency – 5:18
- Waterhouse Friderichsen Syndrome – 1:45

DAY 2

High Yield Arrows

Total Duration: 50 minutes

- Hyperthyroidism – 4:37
- Euthyroid Sick Syndrome – 1:49
- Thyroid Binding Globulin – 2:10
- PTH effects on Bone Kidney and Intestine – 4:40
- Tertiary Hyper PTH – 2:27
- Albrights for the USMLE – 4:23
- Vitamin D Metabolism – 2:38
- Paget Diseases for USMLE – 1:55
- Reproductive System – 1:04
- Two Cell Hypothesis – 7:08
- Renal System – 3:24
- Nephron Key Features – 9:14
- Afferent vs Efferent Arteriole – 2:56
- Renin Angiotensin Aldosterone System – 1:59
- Primary vs Secondary Hemostasis – 3:50

Suggested Study Duration:

- Set aside time to review the High Yield Arrows for the USMLE - PDF Handout (~15-20 minutes) on each day