

QUESTION

1. A 60-year-old male patient with a long history of hypertension and a recent diagnosis of type 2 diabetes mellitus is being treated with lisinopril and metformin. He has been experiencing increasing fatigue and weakness over the past few weeks. His blood pressure is well-controlled, and his blood glucose levels are stable. Physical examination reveals mild anemia and no other significant findings. Laboratory tests show a hemoglobin level of 11 g/dL, a hematocrit of 33%, and a ferritin level of 100 ng/mL. The patient's renal function is normal. What is the most likely cause of his symptoms?

- A. Iron deficiency anemia
- B. Vitamin B12 deficiency
- C. Folate deficiency
- D. Chronic kidney disease
- E. Hypothyroidism

ANSWER: A

EXPLANATION: The patient's symptoms of fatigue and weakness, along with the laboratory findings of mild anemia and a normal ferritin level, are most consistent with iron deficiency anemia. The patient's blood pressure is well-controlled, and his blood glucose levels are stable, making hypertension and diabetes mellitus unlikely causes of his symptoms. The patient's renal function is normal, ruling out chronic kidney disease. Hypothyroidism is also unlikely given the patient's normal physical examination and laboratory tests.

QUESTION

2. A 45-year-old male patient with a long history of hypertension and a recent diagnosis of type 2 diabetes mellitus is being treated with lisinopril and metformin. He has been experiencing increasing fatigue and weakness over the past few weeks. His blood pressure is well-controlled, and his blood glucose levels are stable. Physical examination reveals mild anemia and no other significant findings. Laboratory tests show a hemoglobin level of 11 g/dL, a hematocrit of 33%, and a ferritin level of 100 ng/mL. The patient's renal function is normal. What is the most likely cause of his symptoms?

- A. Iron deficiency anemia
- B. Vitamin B12 deficiency
- C. Folate deficiency
- D. Chronic kidney disease
- E. Hypothyroidism

ANSWER: A

EXPLANATION: The patient's symptoms of fatigue and weakness, along with the laboratory findings of mild anemia and a normal ferritin level, are most consistent with iron deficiency anemia. The patient's blood pressure is well-controlled, and his blood glucose levels are stable, making hypertension and diabetes mellitus unlikely causes of his symptoms. The patient's renal function is normal, ruling out chronic kidney disease. Hypothyroidism is also unlikely given the patient's normal physical examination and laboratory tests.