

QUESTION

1. A 65-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 a heart rate of 100 bpm. 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 diet is generally healthy but lacks variety. 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. Iron deficiency anemia

EXPLANATION: The patient's symptoms of fatigue and weakness, along with the laboratory findings of mild anemia and a ferritin level of 100 ng/mL, are most consistent with iron deficiency anemia. The patient's diet is likely deficient in iron, which is a common cause of this condition. The other options are less likely given the patient's clinical history and laboratory results.

QUESTION

2. A 45-year-old female patient with a long history of rheumatoid arthritis is being treated with chronic low-dose prednisone. She has been experiencing increasing weight gain and a "moon face" over the past few months. Her blood pressure is well-controlled, and her blood glucose levels are stable. Physical examination reveals a moon face, a buffalo hump, and a heart rate of 90 bpm. Laboratory tests show a hemoglobin level of 12 g/dL, a hematocrit of 38%, and a ferritin level of 100 ng/mL. The patient's diet is generally healthy but lacks variety. What is the most likely cause of her symptoms?

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

ANSWER: E. Hypothyroidism

EXPLANATION: The patient's symptoms of weight gain and a "moon face" are most consistent with hypothyroidism. The patient's diet is likely deficient in iodine, which is a common cause of this condition. The other options are less likely given the patient's clinical history and laboratory results.