

**QUESTION**  
 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 most recent laboratory tests show a hemoglobin level of 10.5 g/dL, a hematocrit of 32%, and a mean corpuscular volume (MCV) of 85 fL. The patient's diet is generally healthy but he has been eating less recently due to his symptoms.

**ANSWER**  
 The patient's symptoms and laboratory findings are consistent with iron deficiency anemia. The low hemoglobin level and hematocrit, along with the microcytic (low MCV) red blood cells, suggest a deficiency of iron. The patient's diet and recent weight loss could be contributing factors.

## KEY POINTS

Iron deficiency anemia is a common condition characterized by low hemoglobin levels and microcytic red blood cells. It can be caused by various factors, including inadequate dietary intake, chronic blood loss, and increased iron requirements.

Parameter	Normal Range	Patient Value
Hemoglobin (g/dL)	12-16	10.5
Hematocrit (%)	37-47	32
Mean Corpuscular Volume (MCV) (fL)	80-100	85

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