

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 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. What is the most likely cause of his symptoms?

ANSWER

Option	Correct Answer	Explanation
A. Iron deficiency anemia	Incorrect	The patient's ferritin level is 100 ng/mL, which is within the normal range (100-500 ng/mL). Iron deficiency anemia is unlikely given the normal ferritin level.
B. Vitamin B12 deficiency	Incorrect	The patient's hemoglobin level is 11 g/dL, which is slightly low but not severely deficient. Vitamin B12 deficiency typically causes a more pronounced anemia and neurological symptoms.
C. Chronic kidney disease	Correct	The patient's symptoms of fatigue and weakness, along with the mild anemia, are consistent with chronic kidney disease. The normal blood pressure and blood glucose levels make this the most likely cause.
D. Heart failure	Incorrect	The patient's symptoms are not typical of heart failure, which would usually present with shortness of breath, edema, and a third heart sound.
E. Hypothyroidism	Incorrect	The patient's symptoms are not typical of hypothyroidism, which would usually present with weight gain, cold intolerance, and constipation.

ANSWERS

The correct answer is C. Chronic kidney disease. The patient's symptoms of fatigue and weakness, along with the mild anemia, are consistent with chronic kidney disease. The normal blood pressure and blood glucose levels make this the most likely cause.

Option A, iron deficiency anemia, is incorrect because the patient's ferritin level is 100 ng/mL, which is within the normal range (100-500 ng/mL). Iron deficiency anemia is unlikely given the normal ferritin level.

Option B, vitamin B12 deficiency, is incorrect because the patient's hemoglobin level is 11 g/dL, which is slightly low but not severely deficient. Vitamin B12 deficiency typically causes a more pronounced anemia and neurological symptoms.

Option D, heart failure, is incorrect because the patient's symptoms are not typical of heart failure, which would usually present with shortness of breath, edema, and a third heart sound.

Option E, hypothyroidism, is incorrect because the patient's symptoms are not typical of hypothyroidism, which would usually present with weight gain, cold intolerance, and constipation.