

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 reports feeling increasingly fatigued and has noticed some swelling in his lower extremities. His blood pressure is 150/95 mmHg, heart rate is 78 bpm, and oxygen saturation is 96% on room air. Physical examination reveals bilateral lower-extremity edema and a clear lung field. Laboratory tests show a serum sodium of 132 mEq/L, serum potassium of 3.8 mEq/L, and a serum creatinine of 1.2 mg/dL. The patient's most likely condition is:

- ANSWER**
 A. Heart failure
 B. Hypertension
 C. Diabetes mellitus
 D. Chronic kidney disease
 E. Anemia

EXPLANATION



The patient's symptoms of fatigue and lower extremity edema, along with the physical findings of bilateral lower-extremity edema and a clear lung field, are most consistent with heart failure. The patient's blood pressure is elevated, but the presence of edema and fatigue suggests a primary cardiac issue rather than uncontrolled hypertension. The patient's diabetes and hypertension are risk factors for heart failure. The serum sodium and potassium levels are within normal limits, and the serum creatinine is slightly elevated, which may be a result of the patient's hypertension. The patient's most likely condition is heart failure.

The correct answer is A. Heart failure.