

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 and hematocrit levels, along with the microcytic (low MCV) red blood cells, suggest a chronic blood loss or inadequate iron intake. The patient's decreased food intake due to fatigue and weakness could be contributing to iron deficiency.

KEY POINTS

- 1. Iron deficiency anemia is a common condition, often caused by chronic blood loss or inadequate iron intake.
- 2. Symptoms include fatigue, weakness, and decreased food intake.
- 3. Laboratory findings include low hemoglobin, low hematocrit, and microcytic red blood cells (low MCV).
- 4. Treatment involves iron supplementation and addressing the underlying cause of the deficiency.