

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 no other significant findings. Laboratory tests show a hemoglobin level of 11.5 g/dL, a hematocrit of 35%, and a ferritin level of 100 ng/mL. 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: B

EXPLANATION: The patient's symptoms of fatigue and weakness, along with the laboratory findings of mild anemia and a normal ferritin level, are most consistent with a deficiency of vitamin B12. This is a common cause of anemia in older adults, particularly those with a long history of hypertension and diabetes, as these conditions can be associated with malabsorption of B12. The patient's blood pressure and blood glucose levels are well-controlled, and his physical examination is otherwise unremarkable, making other causes of anemia less likely.



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 mild hypertension and no other significant findings. Laboratory tests show a hemoglobin level of 12.5 g/dL, a hematocrit of 38%, and a ferritin level of 100 ng/mL. 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

EXPLANATION: The patient's symptoms of weight gain and a "moon face" are most consistent with a deficiency of thyroid hormone. This is a common cause of these symptoms in older adults, particularly those with a long history of rheumatoid arthritis and chronic low-dose prednisone treatment, as these conditions can be associated with malabsorption of thyroid hormone. The patient's blood pressure and blood glucose levels are well-controlled, and her physical examination is otherwise unremarkable, making other causes of these symptoms less likely.