

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. The patient has no other significant medical history and is on no other medications. What is the most likely cause of his symptoms?

- A. Anemia
- B. Hypothyroidism
- C. Vitamin B12 deficiency
- D. Iron deficiency
- E. Chronic kidney disease

ANSWER: A

EXPLANATION: The patient's symptoms of fatigue and weakness are most likely due to anemia, which is a common complication of chronic kidney disease (CKD). CKD is a likely cause of his symptoms because of his long history of hypertension and the fact that his blood pressure is well-controlled. CKD can lead to anemia by decreasing the production of erythropoietin, a hormone that stimulates the production of red blood cells. The other options are less likely because the patient's blood glucose levels are stable, and he has no other significant medical history or medications that could cause these symptoms.

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. The patient has no other significant medical history and is on no other medications. What is the most likely cause of her symptoms?

- A. Hypothyroidism
- B. Cushing's disease
- C. Hypertension
- D. Iron deficiency
- E. Chronic kidney disease

ANSWER: B

EXPLANATION: The patient's symptoms of weight gain and a "moon face" are most likely due to Cushing's disease, which is a common complication of chronic low-dose prednisone. Cushing's disease is caused by an overproduction of cortisol, a hormone that can lead to weight gain and a "moon face". The other options are less likely because the patient's blood pressure and blood glucose levels are well-controlled, and she has no other significant medical history or medications that could cause these symptoms.