

QUESTION

1. A 60-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 is concerned about his symptoms and is seeking further evaluation. What is the most likely cause of his symptoms?

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

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 can lead to a decrease in the production of erythropoietin, a hormone that stimulates the production of red blood cells. This results in a lower hemoglobin level and, consequently, anemia. The patient's long history of hypertension and recent diagnosis of type 2 diabetes mellitus are also risk factors for CKD. The other options are less likely because the patient's blood pressure and blood glucose levels are well-controlled, and there are no other symptoms suggestive of hypothyroidism, vitamin B12 deficiency, or heart failure.

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