

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. Physical examination reveals mild anemia and no other significant findings. Laboratory tests show a hemoglobin level of 11 g/dL, a hematocrit of 33%, and a ferritin level of 100 ng/mL. The patient's diet is generally healthy but lacks variety. 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: A. Iron deficiency anemia

EXPLANATION: The patient's symptoms of fatigue and weakness, along with the laboratory findings of mild anemia and low ferritin level, are most consistent with iron deficiency anemia. The patient's diet is likely contributing to this condition.

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 g/dL, a hematocrit of 38%, and a ferritin level of 100 ng/mL. The patient's diet is generally healthy but lacks variety. 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. Hypothyroidism

EXPLANATION: The patient's symptoms of weight gain and "moon face" are most consistent with hypothyroidism. The patient's diet is likely contributing to this condition.