


# QUESTION

1. A 20-year-old male presents with a 2-week history of weight loss, fatigue, and decreased appetite. He reports feeling "run down" and has noticed a slight increase in heart rate. He has no recent travel, sick contacts, or exposure to animals. He is a vegetarian and has a history of chronic constipation. Physical examination is unremarkable. Laboratory studies show hemoglobin 12.5 g/dL, hematocrit 38%, and mean corpuscular volume 100 fL. Serum ferritin is 150 ng/mL, and serum iron is 150 µg/dL. Which of the following is the most likely cause of his anemia?

- A. Iron deficiency
  - B. Vitamin B12 deficiency
  - C. Folate deficiency
  - D. Hemolytic anemia
  - E. Hemochromatosis
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# ANSWER

The correct answer is A. Iron deficiency.