

QUESTION

A 60-year-old male with a history of hypertension and hyperlipidemia presents with a 3-week history of progressive weakness and fatigue. He reports that his symptoms are worse in the morning and improve throughout the day. He has lost approximately 10 pounds (4.5 kg) over the past 3 months. He has no chest pain, shortness of breath, or palpitations. He is on lisinopril 20 mg daily and atorvastatin 40 mg daily. His last physical examination was 6 months ago, and he was noted to be healthy.

On physical examination, he is thin and appears unwell. His vital signs are stable. There is no tachycardia or murmurs. His lungs are clear, and his abdomen is soft with no organomegaly. His lower extremities are warm and well-perfused. There are no peripheral edema or rashes. His mental status is clear, and he is oriented to person, place, and time.

Which of the following is the most likely diagnosis?

- A. Hypothyroidism
- B. Iron deficiency anemia
- C. Vitamin B12 deficiency
- D. Chronic kidney disease
- E. Major depressive disorder

ANSWER: A

EXPLANATION: The patient's symptoms are most consistent with hypothyroidism.

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A 45-year-old male with a history of hypertension and hyperlipidemia presents with a 3-week history of progressive weakness and fatigue. He reports that his symptoms are worse in the morning and improve throughout the day. He has lost approximately 10 pounds (4.5 kg) over the past 3 months. He has no chest pain, shortness of breath, or palpitations. He is on lisinopril 20 mg daily and atorvastatin 40 mg daily. His last physical examination was 6 months ago, and he was noted to be healthy.

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