

QUESTION

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. Physical examination reveals mild anemia and no other significant findings. Laboratory tests show a hemoglobin level of 11.5 g/dL, a hematocrit of 35%, 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 (hemoglobin 11.5 g/dL, hematocrit 35%) and a ferritin level of 100 ng/mL, are most consistent with iron deficiency anemia. The patient's diet is noted to lack variety, which could lead to inadequate iron intake. While the patient has a long history of hypertension and is on lisinopril, there is no evidence of chronic kidney disease. The patient's blood glucose is stable, and there is no evidence of hypothyroidism. The ferritin level is within the normal range, but the combination of symptoms and anemia points to iron deficiency.

Iron deficiency anemia is a common condition, especially in older adults, and is often caused by inadequate dietary intake of iron. The patient's symptoms of fatigue and weakness are typical of this condition. The laboratory findings of mild anemia and a ferritin level of 100 ng/mL are consistent with iron deficiency. The patient's diet is noted to lack variety, which could lead to inadequate iron intake. While the patient has a long history of hypertension and is on lisinopril, there is no evidence of chronic kidney disease. The patient's blood glucose is stable, and there is no evidence of hypothyroidism. The ferritin level is within the normal range, but the combination of symptoms and anemia points to iron deficiency.

ANSWER: A) Iron deficiency anemia