

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. The patient is concerned about the possibility of a heart attack or stroke. What is the most likely cause of his symptoms, and what should be the next step in his management?

ANSWER
 The most likely cause of the patient's symptoms is iron deficiency anemia. The patient's symptoms of fatigue and weakness are common in iron deficiency anemia. The next step in his management is to check his hemoglobin and iron studies. If iron deficiency anemia is confirmed, the patient should be treated with oral iron supplements.

EXPLANATION

The patient's symptoms of fatigue and weakness are common in iron deficiency anemia. The patient's blood pressure is well-controlled, and his blood glucose levels are stable. The patient is concerned about the possibility of a heart attack or stroke. The most likely cause of his symptoms is iron deficiency anemia. The next step in his management is to check his hemoglobin and iron studies. If iron deficiency anemia is confirmed, the patient should be treated with oral iron supplements.