

8/12/20 Morning Report with @CPSolvers

Case Presenter: Sonia Silinsky Krupnikova **Case Discussants:** Han Nguyen (@flower_freeland) and Priyanka Athavale (@pri_athavale)

<p>CC: Progressively worsening fatigue</p> <p>HPI: 50yr old woman p/w progressively worsening fatigue. Saw a hematologist who Dx with hereditary elliptocytosis. Baseline Hb 7-8, not symptomatic. In good health one year ago, when she began to experience fatigue and dyspnea on exertion, that was progressive and interfered with her daily activities. She reports chronic discomfort over chest, even at rest that did not worsen with inspiration and trouble sleeping at night, that improved when she slept on the couch/chair. No fever with chills, weight loss, night sweats or cough</p>	<p>Vitals: Unremarkable</p> <p>Exam:</p> <p>Gen: Looked tired, tearful but responsive and interactive</p> <p>HEENT: Conjunctiva pale, moist mucous membrane, no LAD</p> <p>CV: Regular rate, rhythm. No murmurs, rubs, gallops, non displaced PMI, JVP not elevated.</p> <p>Pulm: Normal. No added sounds, accessory muscles used.</p> <p>Abd: Soft, non tender, no palpable organomegaly</p> <p>Neuro: +Tinel's sign on Right. Sig weakness of proximal muscles (3-4 / 5) upper and lower B/L extremities. Normal reflexes B/L, achilles reflex could not be elicited.</p> <p>Extremities/Skin: No erythema, swelling, warmth. Chronic finger deformity. 2+ B/L pitting LE edema from knee to thigh</p>	<p>Problem Representation: 50 yr woman w/ MGUS and hereditary elliptocytosis p/w progressively worsening fatigue, dyspnea on exertion and numbness and tingling of fingers w/ B/I LE edema on exam.</p>
<p>ROS: Numbness and tingling B/l 1st-3rd fingers (progressively worsened)</p>	<p>Notable Labs & Imaging:</p> <p>Hematology: WBC: 4.1 (70% N 20% L) Hgb: 8.4 MCV 80 Plt: 600 RDW 20% Retic count 5% LDH, Haptoglobin N</p> <p>Chemistry: Na: 139 K: 4.1 Cl: 102 CO2: 21 BUN: 8 Cr: 0.71 glucose: 83 Ca: 8.9 AST: 34 ALT: 32 Alk-P: 92 T. Bili: 1.3 Albumin: 4.2 Total Pr 8.5 Kappa 14 Lambda 229 k/I ratio 0.06 SPEP: M spike IgG, ESR 11 CRP 5, ANA -ve</p> <p>Imaging: EKG: Small Q waves V1 and aVL w/ T wave inversion. Normal voltage no ST, T wave changes TTE: Global hypokinesis EF 35%, concentric LVH w/ sig diastolic dysfunction BM Bx: 10-15% plasma cells, 10% Lambda secreting Dx: AL Amyloidosis</p>	<p>Teaching Points (Andrea):</p> <ul style="list-style-type: none"> • Dyspnea in exertion: cardiac cause like myocardial, vascular disease or CHF, lung problem in airway or parenchyma, metabolic like anemia) • Difficult to sleep in bed: possible orthopnea, or pleuritis • Numbness and tingling: diabetic neuropathy, median nerve neuropathy, deposition of amyloid, granulomatosis • Elliptocytosis: Inherited disorder. Abnormally large number of RBC elliptical rather than the typical biconcave disc shape. Predisposes to haemolytic anaemia. • Monoclonal gammopathy of undetermined significance (MGUS): Clonal plasma cell disorder defined by the presence of a monoclonal protein (M protein) in the serum or urine with no evidence of multiple myeloma or other lymphoplasmacytic malignancy. Increased risk of progression to lymphoplasmacytic malignancy including MM, solitary plasmacytoma, amyloidosis and Waldenstrom macroglobulinemia. The risk of progression from MGUS to multiple myeloma is about 1% per year. • Gastric bypass: deficiency of copper and B12 • Flash pulmonary edema: intermittent ischemia, intermittent arrhythmia, positional • Fatigue: RhabdoMyolysis, myositis, inflammatory disease like mixed connective tissue disease • Sarcoidosis can present with myopathy • AL amyloidosis: primarily a systemic disease resulting from underlying plasma cell dyscrasia which causes deposition of misfolded amyloid light chain (AL) proteins
<p>PMH: Remote history gastric bypass, MGUS, Hereditary elliptocytosis</p> <p>Meds: Multivitamin supplement, Vit D (after gastric bypass)</p>	<p>Fam Hx: Sister - Sarcoidosis No history of malig/autoimmunity</p> <p>Soc Hx: No history of smoking, drugs, occasionally drank alcohol Desk job, no history of travel/ sick contact</p> <p>Allergies: No known allergies</p>	