



08/27/21 Morning Report with @CPSolvers



Case Presenter: Thiago Mendes (@mendesthiagob) Case Discussants: Rabih Geha (@rabihmgeha) and Prof Rez (@DxRxEdu)

CC: Weight loss

HPI: 50M presents to the outpatient clinic with weight loss 72 kg → 64 kg within 2 months. Complaints about “not feeling good”.

Denies: diarrhea, rash, night sweats, lymph nodes/masses, less appetite.

Walks 6 km/d normally (unchanged).

PMH: None

Fam Hx: Mom with type 2 DM

Meds: None

Soc Hx: None

Health-Related Behaviors: None

Allergies: None

Vitals: T: HR: 72 BP: 132/78 RR: SpO₂: Height: 1.84 m2 BMI: 18.9

Exam: All normal

Gen: normal

HEENT: No masses

CV: No murmurs

Pulm: normal

Abd: normal

Neuro: normal

Extremities/Skin: normal

Notable Labs & Imaging:

Hematology:

WBC: 6530 Hgb: 14.6 Plt: 232000

Chemistry:

Na: 140 K: 4.2 Cl: CO2: BUN: Cr: 0.75 fasting glucose: 330
 AST: 23 ALT: 20 Total Cholesterol 170 HDL 80 TG 100 Ferritin 200 A1C 9.9% ESR 10
 TSH 0.97, free T4 1.2
 Negative: Toxo, EVB EMV HIV VDRL
 Anti-GAD: 1728 (<5) Anti-IA2: 100 (elevated)

After treatment: Weight of 78.4kg and A1C 6.7%

Final diagnosis: Type 1 diabetes (past LADA)

Problem Representation: Middle-aged male without PMHx presents with progressive non-inflammatory weight loss within 2 months. Further labs are remarkable for high glucose and A1C. Abs were positive for Anti-GAD and Anti-IA2

- Teaching Points (Gabi Pucci):**
- Weight loss: decide if it is intentional or not - *the person may say it is intentional, when it is not =)
 - Occurs as an imbalance between calories in and calories out;
 - 9 Ds for weight loss: Depression, Diseases (acute/chronic/inflammatory), Dysphagia, Diarrhea, Dysgeusia, Drugs, Dentition, Dysfunction/Disability, Dementia;
 - Inflammatory versus Non-inflammatory causes;
 - 2 causes of weight loss with normal physical exam: search for pancreatic cancer and autoimmune diseases
 - Inflammatory causes are more morbid and usually have associated findings (fever, increased lymph nodes, etc);
 - Anemia of chronic disease - can occur in inflammatory causes of weight loss - especially in greater degrees of weight loss -> can present with decrease in exercise intolerance. Normal Hb is a clue for a non-inflammatory cause;
 - Endocrinopathies causing weight loss:
 - Thyrotoxicosis: tachycardia, heat intolerance, diaphoresis;
 - Adrenal insufficiency: mild eosinophilia, altered sodium (hyponatremia) and potassium (not always);
 - Pheochromocytoma: hypermetabolic state, hypertension, tachycardia, headaches;
 - Diabetes: hyperglycemia -> polyuria -> weight loss
 - Insulin not working: type 2 diabetes (insulin resistance or other forms);
 - Insulin deficiency: type 1 diabetes or other forms;
 - Late-onset type 1 diabetes (previously called LADA) is treated with insulin