



09/29/21 Morning Report with @CPSolvers



Case Presenter: Kirtan Patolia (@KirtanPatolia) **Case Discussants:** Valeria Roldan (@valeroldan23) and Rafa Medina (@Rafameed)

CC: Diffuse pain “Hidden in plain sight”

HPI: 56F presents to the outpatient clinic with 2 months of diffuse pain in body dull aching, worse on exertion especially in lower limbs and calf. Fatigue, malaise. Falls well after resting or sleeping. Increased hair fall since 3 months.

Denies joint pain, weight loss, cough SOB, headaches, anxiety or depression.

PMH: Covid in April, required O2 and steroids for 7 days.

High Cholesterol 2 y ago, normalized with statins and stopped medication

Meds: none

Fam Hx: None

Soc Hx: No alcohol, tobacco or illicit drugs

Health-Related Behaviors:

Allergies: None

Vitals: T: 37 HR: 78 BP: 120/78 RR: 15 SpO₂: 99%

Exam:

Gen: Wel appearance

HEENT: normal

CV: Normal S1, S2. No murmurs

Pulm: BLAE, no crackles

Abd:

Neuro: Normal strength

Extremities/Skin: Diffuse muscle tenderness in extremities, no specific tender points. No rash, sinovitis or edema. No patches, but increased loss of hair when combing.

Notable Labs & Imaging:

Hematology:
WBC: 7000, normal diff Hgb: 12 MCV 84 Plt: 225000

Chemistry:
Na: NI K: NI Cl: NI CO2: BUN: Cr: glucose: Ca: NI Phos: NI Mag: NI
AST: NI ALT: NI Alk-P: T. Bili: Albumin:
Thyroid hormones, ESR, CK (x3), UA were normal.
PTH very high, Vit D low

Imaging:
EKG:
CXR:

Final Diagnosis: Vitamin D deficiency

Problem Representation: Middle-aged female with history of Covid-19 presents with chronic diffuse pain with lower extremities predominance. She was found to have high PTH levels and low Vit D.

- Teaching Points (Franco):**
- What make us move? Bones, joints, muscle, connective tissue, nerve, desire (mood).
 - Does weakness improves over the day? Worst in the morning?
 - Muscle tenderness vs Skin tenderness “Allodynia” - Neuropathic pain
 - Weakness + tenderness: inflammatory myopathy,
 - Alopecia: focal problem vs systemic?
 - Myopathies can have normal CK!! Look for atrophy and if there is any muscle reserve to have high CK
 - Myopathy can be paraneoplastic: Polymyositis
 - How much impact does weakness has in the patient day to day?
 - Always be aware of nutritional deficiencies, vitamins are cofactors of many biological processes