

Doctor: Hello, Husnain. How are you feeling today?

Patient: Ive been experiencing generalized abdominal pain. Its been bothering me for a while now.

Doctor: I see. Lets go through your history a bit more. So, youre 12 years old and weigh 38 kg, which is above the 25th percentile for your age. Is that correct?

Patient: Yes, thats right.

Doctor: And you live in Vehari. Do you have any siblings?

Patient: Yes, I have two older sisters and one older brother. My brother and one of my sisters have been diagnosed with celiac disease.

Doctor: Okay. Now, from what I understand, you were in your usual state of health until you were around four years old, in 2016, when you developed pain and tenderness in your right abdomen. An abdominal ultrasound suggested that you might have Budd-Chiari Syndrome. Does that sound familiar?

Patient: Yes, thats correct. The doctors told my family that I had Budd-Chiari Syndrome at that time.

Doctor: Since then, have you had any complications like liver issues, swelling, or anything else?

Patient: No, I havent had any major complications so far, but I do have some ongoing issues with abdominal pain.

Doctor: I see. Ill also go over your medical background briefly. You've been hospitalized before for

this condition, but your surgical history is unremarkable. In terms of family history, two of your siblings have celiac disease. Your birth history and vaccination history are normal, and your development has been on track.

Patient: Yes, everything is fine with that.

Doctor: Great. Let's move on to your current medications. You're taking Tab Inderal 10 mg twice daily, Cap Evion 250 mg once daily, D-Max drops 3 drops once daily, Tab Aldactone 25 mg once daily, and folic acid. Is that correct?

Patient: Yes, that's correct.

Doctor: Now, I've also looked at your recent lab results. Here's what I found:

Bilirubin: 1.3

ALT: 58

AST: 42

INR: 1.4

Hemoglobin: 9.4

White Blood Cell count: 3.8

Platelets: 215

Sodium: 135

Potassium: 4.4

Urea: 31

Creatinine: 0.6

Patient: What do those results mean, doctor?

Doctor: Your bilirubin and liver enzymes are slightly elevated, but nothing alarming. Your hemoglobin is a little low, which might explain some fatigue or weakness. We'll keep an eye on that. Your kidney function seems fine, though, as your creatinine and urea levels are normal.

Patient: Okay, I understand.

Doctor: In terms of radiology, your recent ultrasound of the abdomen shows a mildly enlarged liver with a few varices in the hypertrophied caudate lobe. There's also a chronic thrombus in the main hepatic veins, which is consistent with the sequelae of Budd-Chiari Syndrome.

Patient: I see. Is that serious?

Doctor: It's something we need to monitor closely. We also have some old CT scan findings that suggest narrowing and stretching of the IVC and intra-hepatic veins, which is part of the Budd-Chiari picture.

Patient: Okay, so whats the next step, doctor?

Doctor: Were going to do some further screenings. First, we need a full financial screening, and after that, well start a baseline workup for chronic liver disease. A CT triphasic will be done to rule out any signs of hepatocellular carcinoma (HCC), and well also do an ultrasound shearwave study. A liver biopsy is also part of the plan.

Follow-up Visit on 10/06/2024

Doctor: How are you doing today, Husnain?

Patient: Im feeling a bit better. The abdominal pain has improved, but I still get some intermittent pain in my left lumbar region, especially after meals. It resolves on its own though.

Doctor: Thats good to hear that the pain has improved. Have you had any other issues?

Patient: Not really, but I did stop taking warfarin about 1.5 months ago. I was on it regularly since 2017, but Dr. Tariq decided to stop it.

Doctor: Okay, I see. Any signs of complications like ascites or swelling?

Patient: No, I havent had any ascites since the last episode, and I feel okay otherwise.

Doctor: Alright, so your weight is now 39 kg, still above the 25th percentile for your age. Let's check your clinical exam. Your general examination is unremarkable, but I noticed neck swelling again. No jaundice or pallor, and you have no edema.

Patient: Yes, the neck swelling has been there for a while.

Doctor: Your liver is slightly enlarged by 1 cm, and your spleen is 5 cm enlarged as well, but theres no ascites.

Patient: Okay, so whats the next step, doctor?

Doctor: Well continue with your current medications, which include:

Tab Propranolol 20 mg twice daily

Cap Evion 250 mg once daily

D-Max drops 3 drops once daily

Tab Spironolactone 25 mg once daily

Folic acid 1 tablet once daily

Pedia Max drops 5 drops once daily

Lysovit syrup 5 ml once daily

Youll also need some further tests. Your ceruloplasmin is normal at 32, but your IgG is low at 1.61. ANA is positive at 1.80, but autoimmune screening came back negative.

Patient: What does all that mean?

Doctor: The low IgG could suggest some immune issues, but we'll monitor it. The ANA positivity needs to be tracked as well, though there's no direct indication of autoimmune disease right now.

Patient: I understand.

Doctor: We've scheduled an EGD for tomorrow, and your celiac screening is also in process. We're doing a protein C and anti-thrombin test as well as some blood grouping. You'll be admitted to day care for the EGD, and you'll need to be NPO after 2 AM tonight. I've booked an intravenous drip for you during the procedure as well.

Follow-up Visit on 29/07/2024

Doctor: How have you been since your last visit?

Patient: I've been doing okay, but I had a chest pain episode on 15/06/2024. It was on the left side, and I had difficulty breathing and sweating. I went to a nearby hospital where they did an ECG, which showed inverted T-waves in leads V2, V3, and V4. They gave me aspirin, clopidogrel, and heparin, which helped relieve the pain.

Doctor: That sounds worrying. I'm glad you felt better after the treatment. We've also kept track of your medications, and I see you're on aspirin and glyceryl trinitrate now.

Patient: Yes, I'm taking them daily.

Doctor: We'll keep monitoring your heart and liver condition. Your weight is now 39 kg, and your general examination remains unremarkable. No jaundice, pallor, or edema. Your liver and spleen

are still enlarged.

Patient: So, whats next?

Doctor: The plan includes continuing your medications and doing more screenings for your condition. Well need to follow up closely, especially with your liver disease and heart function. Im also reviewing your radiology and lab findings.