



Case Study Report

Patient Name: Sanath Kumar

Age: 52

Gender: Male

Date of Admission: March 10, 2025

Date of Report: May 14, 2025

Hospital/Clinic: Medilife Specialty Hospital

Consultant: Dr. Priya Mehra, MD (Cardiology)

Medical Record Number: MRN245790

1. Chief Complaints

- Recurrent episodes of chest discomfort, particularly post meals
 - Mild shortness of breath during exertion
 - Skin rashes and itching after consumption of certain foods
 - Occasional dizziness and headaches
-

2. Past Medical History

- Diagnosed with **hypertension** 8 years ago; on medication (Amlodipine 5 mg daily)
 - Family history of **ischemic heart disease**
 - No history of diabetes
 - Known allergy to **shellfish** and **peanuts**, identified through skin prick testing at age 45
-

3. Present Illness History

Sanath presented with chest discomfort following a family dinner that included shellfish. Symptoms included:

- Tightness in chest (lasting 15–20 minutes)
- Flushed skin and itching over arms and chest
- Elevated blood pressure at 160/95 mmHg
- ECG changes suggestive of early ischemic changes

Following stabilization, he was admitted for further cardiac evaluation and allergy testing.

4. Examination Findings

Parameter	Result
Blood Pressure	158/94 mmHg
Heart Rate	92 bpm
Oxygen Saturation	97% on room air
Respiratory Rate	20/min
BMI	28.4 (Overweight)
Skin Exam	Urticarial rash on arms
Cardiovascular Exam	Normal heart sounds, no murmur
Lungs	Clear, no rales

5. Investigations

- **ECG:** Mild ST depression in lateral leads
- **Echocardiogram:** Mild concentric left ventricular hypertrophy, EF 55%
- **Lipid Profile:** Elevated LDL (145 mg/dL), Low HDL (36 mg/dL)

- **Allergy Panel (RAST):** High IgE response to shellfish and peanut proteins
 - **CBC:** Normal
 - **Liver & Kidney Function Tests:** Within normal limits
-

6. Diagnosis

1. **Essential Hypertension (Stage 1)**
 2. **Coronary Artery Disease (Stable Angina, suspected)**
 3. **Food Allergy (Shellfish and Peanuts - IgE mediated)**
-

7. Management Plan

Pharmacological:

- **Antihypertensives:** Switched to Telmisartan 40 mg once daily
- **Antihistamines:** Cetirizine 10 mg as needed for allergic symptoms
- **Cardiac protection:** Aspirin 75 mg daily, Atorvastatin 20 mg
- **Nitroglycerin:** Sublingual tablets for angina as needed

Lifestyle & Dietary Advice:

- Complete **avoidance of shellfish and peanuts**
- Referred to **dietitian** for allergen-free cardiac diet
- Low-sodium, low-fat meal plan
- **Weight loss goal:** 5–7 kg over 6 months
- **Exercise:** Brisk walking 30 minutes, 5 days a week

Emergency Plan:

- Prescribed **EpiPen (epinephrine autoinjector)** for anaphylaxis
 - Educated on allergen avoidance, food label reading, and symptoms of allergic reaction
-

8. Prognosis

With compliance to medications, allergen avoidance, and lifestyle modification, Sanath's prognosis is favorable. Early detection of cardiac involvement allows for preventive management to avoid progression.

9. Follow-Up

- **Next Cardiology Review:** In 6 weeks
 - **Allergy Specialist Appointment:** Scheduled in 2 weeks
 - Regular monitoring of blood pressure and lipid levels every 3 months
-

Prepared By:

Dr. Priya Mehra
Consultant Cardiologist
Medilife Specialty Hospital