

Medical History Report – Thandiwe Mokoena

****Age:**** 28
****Sex:**** Female
****Ethnicity:**** Black South African
****Occupation:**** Primary School Teacher
****Location:**** Cape Town, South Africa

🩺 Chief Complaint

Persistent abdominal pain and diarrhea over the past three months.

📖 History of Present Illness

Thandiwe reports a three-month history of intermittent crampy abdominal pain, predominantly in the right lower quadrant. She experiences 4–6 loose, non-bloody stools daily, often accompanied by urgency. Over the past month, she has noticed increased fatigue and an unintended weight loss of approximately 5 kg. She denies any recent travel, antibiotic use, or dietary changes.

📋 Past Medical History

- No prior chronic illnesses
- Appendectomy at age 12
- No known drug allergies

👨‍👩‍👧 Family History

- ****Mother:**** Hypertension
- ****Father:**** Type 2 Diabetes Mellitus
- No family history of gastrointestinal diseases

🌐 Social History

- Non-smoker
- Occasional alcohol consumption
- Engages in regular physical activity

☑ Review of Systems

- ****General:**** Reports fatigue and weight loss
- ****Gastrointestinal:**** Abdominal pain, diarrhea, occasional nausea

- **Other systems:** No fevers, skin rashes, or joint pains reported

🧑 Physical Examination

- **Vital Signs:**
 - BP: 118/76 mmHg
 - HR: 82 bpm
 - Temp: 37.2°C
 - RR: 16 breaths/min
- **General:** Alert and oriented; appears mildly fatigued
- **Abdomen:** Soft with tenderness in the right lower quadrant; no rebound tenderness or guarding; no palpable masses
- **Perianal Examination:** Normal; no fissures or fistulas observed

🧪 Laboratory Investigations

- **CBC:**
 - Hemoglobin: 10.5 g/dL (mild anemia)
 - WBC: $9.8 \times 10^9/L$
- **CRP:** Elevated at 25 mg/L
- **ESR:** Elevated at 40 mm/hr
- **Stool Studies:** Negative for pathogens; fecal calprotectin elevated

📺 Imaging and Endoscopy

- **Colonoscopy:** Patchy areas of inflammation with ulcerations in the terminal ileum; cobblestone appearance noted