

Anonymized Patient Case:

Patient ID: #A1047

Age/Sex: 58-year-old male

Chief Complaint: Shortness of breath and fatigue worsening over the past two weeks.

Medical History:

- Type 2 diabetes (diagnosed 8 years ago)
- Hypertension (15 years)
- Previous myocardial infarction (2019)
- Smoker (1 pack/day, 30 years)
- BMI: 31 (obese category)

Current Medications:

- Metformin 1000 mg twice daily
- Lisinopril 20 mg daily
- Atorvastatin 40 mg nightly
- Aspirin 81 mg daily

Physical Exam Findings:

- Blood pressure: 160/95 mmHg
- Heart rate: 102 bpm
- Respiratory rate: 22/min
- Mild ankle edema, bilateral crackles at lung bases

Recent Labs:

- HbA1c: 8.1%
- Fasting glucose: 165 mg/dL
- eGFR: 60 mL/min/1.73 m²
- LDL: 142 mg/dL

Imaging:

- Chest X-ray: cardiomegaly with mild pulmonary congestion

- Echocardiogram: left ventricular ejection fraction (LVEF) 38%

Assessment Summary:

A middle-aged man with uncontrolled hypertension and diabetes presents with new-onset heart failure symptoms likely related to ischemic cardiomyopathy.