

Name: Walter White

Age: 57

Chief Complaint: I feel lightheaded when I walk up stairs

74-year-old Walter White presents to the cardiology clinic for evaluation of exertional chest discomfort and near-syncope that has been progressively worsening over the past 6 months.

He reports that when walking uphill or climbing one flight of stairs, he develops substernal chest tightness, shortness of breath, and a sensation that he might pass out. The pain does not radiate and feels like a tightness.

These symptoms reliably resolve within several minutes of rest. He denies chest pain at rest.

Over the past month, he has experienced two episodes of lightheadedness while mowing the lawn, during which he had to stop and sit down to avoid fainting.

He denies complete loss of consciousness, palpitations, or seizure-like activity.

He also notes increasing exercise intolerance, stating that activities he previously performed without difficulty now leave him fatigued.

He endorses mild ankle swelling at the end of the day and occasional orthopnea, requiring two pillows to sleep comfortably.

He denies paroxysmal nocturnal dyspnea, cough, fever, or recent illness.

Past medical history is notable for long-standing hypertension, hyperlipidemia, and type 2 diabetes mellitus.

He has no known history of coronary artery disease.

He recalls being told years ago that he had a “heart murmur” but did not pursue further evaluation.

Medications include lisinopril, atorvastatin, metformin, and aspirin.

He used to smoke one pack a day for about 15 years when he was younger.

He does not have any allergies and has not had any surgeries.

He did not know his parents or whether they had any medical conditions. Doesn't have any brothers or sisters.