

CVS-CASE BASED LEARNING

35 years old male visited a clinic for executive checkup. He admitted having occasional / episodic headache and chest pain on exertion. He has family history of Hypertension and is engaged in a stressful job. Examination revealed obese adult with height of 150cm, weighing 100kg with BMI of 33. His BP was 170/110. He started arguing with the doctor that his BP is raised because of stress, as last time his BP was normal about a week ago. He consulted his family physician about three months back when he passed a small stone in the urine; his BP was slightly raised as was told by his doctor at that time. His BP was checked on follow up visits and was found to be variable from 140/90 to 160/100. His fasting blood glucose was 120mg/dl, cholesterol 240mg/dl, LDL 160mg/dl, HDL 35, VLDL 45mg/dl, triglycerides 290mg/dl, uric acid 7.4mg/dl, blood urea 40 and creatinine 1.2. Urine detailed report shows trace proteins and few RBCs. His ECG and X-ray chest PA view are shown in pictures.

