Patient Cases – Session 1
Case #1:

- 23YO AA Female
- FH:
  - F – CABG at age 29 (LDL 420, HDL 60, Tg 260)
  - PGF – died at age 40
- ROS: positive for seasonal allergies
- Meds: loratadine 10 mg PO daily PRN

Objective
- VS: 98.6°F – 60 BPM – 16 RPM – 126/72 mmHg
- PE: no abnormal findings
Case #1 (cont’d)

- Laboratories
  - eGFR > 60 mL/min/1.73m²
  - Normal metabolic panel
  - HgbA1c 5.3 %
  - Lipids (tested due to family history)
    - TC: 388 mg/dL
    - Tg: 90 mg/dL
    - HDL: 80 mg/dL
    - LDL-C: 290 mg/dL
Case #2

- 35YO white male
- FH:
  - F – MI at age 45
  - PGF – MI at age 48
  - M – arthritis, breast cancer
- ROS: entirely negative, exercises without restriction

Objective

- VS: 98.6 °F – 72 BPM – 16 RPM – 130/72 mmHg
- PE: arcus noted, otherwise unremarkable
Case #2 (cont’d)

• Laboratories
  o eGFR >60 mL/min/1.73m²
  o Normal metabolic panel
  o TSH 2.2

• Lipids (tested due to family history)
  o TC: 388 mg/dL
  o Tg: 90 mg/dL
  o HDL: 80 mg/dL
  o LDL-C: 290 mg/dL
Case #3

- 70YO white female
- CC: ‘LDL 210 at church cholesterol fair’
- HPI: No complaints, exercises by walking 30 minutes daily, limited by arthritic knees, compliant with medications
- PMH:
  - Osteoarthritis
  - Notes was LDL 120 at age 35
- FH:
  - F – MI at age 45, prom photo showed black eyes with white rings
- ROS: knee pain
Case #3 (cont’d)

Meds
- Meloxicam 15 mg daily

Objective
- VS: 98.6°F – 72 BPM – 18 RPM – 145/76 mmHg - BMI 24.8
- PE: negative findings
- Risk factors: nonsmoker, not diabetic, not obese
  - TC: 388 mg/dL
  - Tg: 90 mg/dL
  - HDL: 80 mg/dL
  - LDL-C: 290 mg/dL