

Case Study 1: JJ

CC: "My wife said im due for an annual check-up

HPI: Jon Jones is a 46 year old male presents for his yearly physical examination. he has no complaints. he reports a very sedentary lifestyle. he sits at a desk for eight to 10 hours per day and when he come comes home he just wants to relax in front of the television. he doesn't feel motivated enough to exercise regularly although he knows he should. previous labs end exam from last year are unremarkable

PMH: Obesity and hyperlipidemia

Family HX: Diabetes and HTN

Social History: Works in real estate management, lives with wife and two teenage children, nonsmoker and drinks a few beers on the weekend during football season, diet consists of mostly fast food meals, drinks sweet teat with every meal and 3-4 cups of coffee per day

ROS:

General: denies weight gain over the last 6 months (-) fatigue on exertion, (-) appetite changes, (-) fever or chills

Skin: (-) skin tears, lacerations or rashes

HEENT: (-) dental intact, (+) hearing loss left ear, wears glasses-last exam 1 year ago

Neck: (-) lymphadenopathy, (-) pain and stiffness

Respiratory: (-) dyspnea, denies cough or wheezing

Cardiac: (-) chest pain or heart palpitations, (-) MI

Gastrointestinal: (-) heartburn, N/V constipation or hemorrhoids

GU: (-) hesitancy or frequency, (+) nocturia (4 times a night) (-) urgency, burning, hematuria, dripping/incontinence, penile discharge and STI

Physical Exam:

General

Alert, appropriately dressed, obese Caucasian male in no apparent distress. He appears his stated age.

Vital Signs: BP 130/90 mm Hg, pulse 82 and regular, temperature 98.7, respirations 18,

Height 6'1", Weight 235 pounds (up 3 lbs. since his visit 1 year ago).

Integumentary System

- Warm and dry
- (-) cyanosis, nodules, masses, rashes, itching, and jaundice
- (-) ecchymosis and petechiae
- Good turgor

HEENT

- PERRLA
- EOMs intact
- Eyes anicteric
- Normal conjunctiva
- Vision satisfactory with no eye pain
- Fundi with arteriolar narrowing with no nicking, hemorrhages, exudate, or papilledema
- TMs intact
- (-) tinnitus and ear pain
- Nares clear
- Oropharynx clear with no mouth lesions
- White teeth