

Case Study #1

- 47 year-old man who is overweight (BMI 29) and who reports he frequently eats out, often at fast food places.
- What assessment tests would you recommend?

- He is noted to have a blood pressure of 144/86 mmHg (average of two tests) and a fasting blood sugar of 115 mg/dl
- His lipid profile shows an LDL-C of 162 mg/dl and an HDL-C of 36 mg/dl, with a triglycerides of 175 mg/dl.
- What should the approach to treatment be and goals proposed?

Case Study #2

- A 28-year old female has been diagnosed by a physician with diabetes.
- What assessment tests would you order?

- A blood pressure of 134/82 mmHg is noted (mean of two measures)
- A fasting lipid profile shows an HDL-C of 40 mg/dl and LDL-C of 140 mg/dl is noted, with triglycerides of 260 mg/dl.
- What should the approach to treatment be?

Case Study #3

- A 64-year old woman is admitted to the hospital and diagnosed with a myocardial infarction. She reports a history and has been on treatment for hypertension with atenolol. She has also been on premarin for 6 years.
- What assessments should be performed?
- Should any treatments be immediately started? Discontinued?

- A fasting lipid profile done 12 hours after admission shows an LDL-C of 125 mg/dl, HDL-C of 30 mg/dl, and triglycerides of 150 mg/dl
- Any other recommendations for treatment?