

Mrs. Wong
66 y/o Asian American
Chief complaints: knee pain

Mrs. Wong, a 66-year-old Asian American woman, comes in for a 6-month follow up visit for her hypertension and osteoarthritis. Her husband reports that she has fallen twice since her last visit. When questioned, she describes occasional dizziness when she stands up too quickly after sitting, but she does not report any palpitations, chest pain, headaches, vertigo, nausea or vomiting. She does not describe any syncope, loss of consciousness or significant injury in either fall. Her last fall was 2 weeks ago, when she stumbled after rising out of the bathtub. Since then, she has had grade 4/10 pain in her left knee for which she is taking naproxen 500 mg BID PRN, which provides adequate relief. She reports, however, that the pain persists with a slight increase in severity from her baseline (2-3/10 in severity), and that the pain is activity-related. The review of systems is otherwise negative.

Past medical history

- Hypertension for 10 years, maintained on losartan 50mg OD, amlodipine 5mg OD, and hydrochlorothiazide 25mg OD
- Osteoarthritis for 4 years, for which she take PRN naproxen
- Chronic kidney disease stage 3 with a baseline creatinine of 1.9mg/dL, eGFR 27 ml/min
- Hyperlipidemia, maintained on simvastatin 40mg OD and aspirin 81 mg OD
- Mild cognitive impairment, for which she is attending a cognitive stimulation program

Family history

- Both parents had hypertension
- No family history of colon, breast or ovarian cancer, nor of diabetes or dementia.

Personal social history

- Does not smoke cigarettes, drink alcohol, or use recreational drugs.

On **physical examination**, patient seems alert and ambulates using a cane. BP 160/80, HR 78/min, RR 14/min and BMI 29kg/m². Her BP dropped to 120/65 and her heart rate increased to 95/min within 2 minutes of standing (taken after a five-minute rest in supine position). There is bony enlargement in both knees consistent with OA, but no point tenderness, effusion or increased warmth. The rest of the physical exam was unremarkable.