

# The MEGA-CASE

A super-sized version of your typical patient

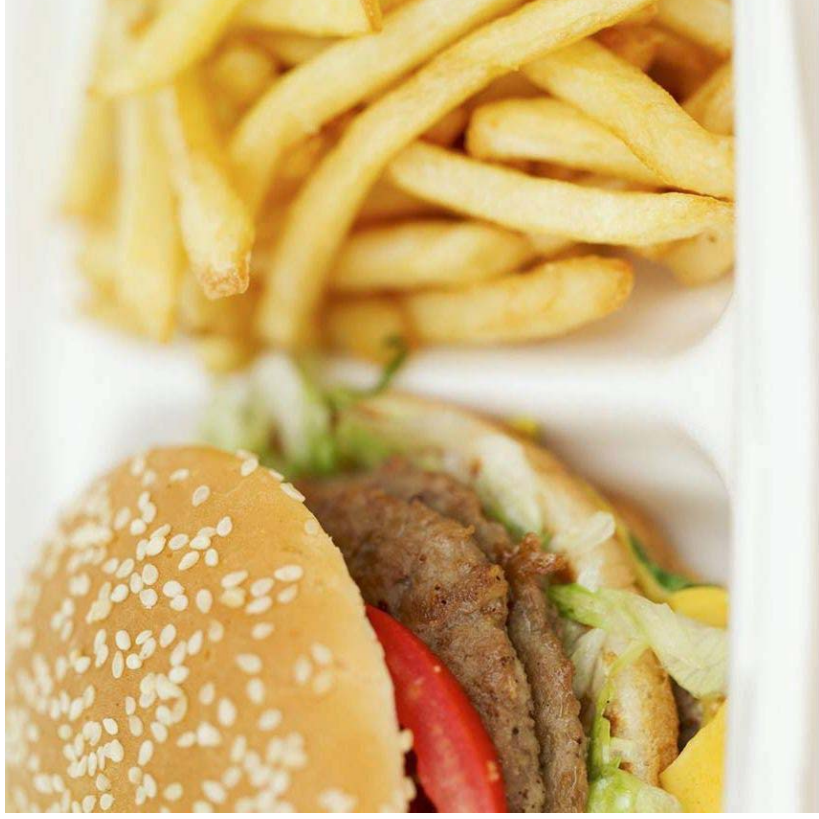
Mr. Mac Donald is a 65 yo gentleman who has spent his life serving hamburgers. An awesome perk of his job is that he gets to eat for free at the restaurant. He is a hard worker and not much for doctors, but one of his brothers just had a heart attack at age 56, so he thought he should come get checked out.

He last saw a doctor a couple years ago – at that time he was started on a beta blocker for his blood pressure and chronic steroids for his severe COPD. He has been taking Glyburide for sugar diabetes for probably a decade or so. Did I forget to mention he smokes 2 packs per day? He has been taking these three medicines faithfully and also a few inhalers when he thinks of it.

He was last in the hospital about 7 years ago with a “small stroke” that did not leave any deficit he is aware of. He has not had any surgeries. His only complaint on ROS is of aching in his calves whenever he walks any distance.

Mac is a pleasant man. You calculate his BMI to be about 35. His blood pressure today is 142/87. You notice yellow subcutaneous lumps on skin exam. His cardiac exam is limited by decreased air exchange and wheezing on lung exam but you think his heart is regular. You cannot find distal pulses, but he does have LE edema and venous stasis.

Mac has been watching those Vytorin commercials on TV and is wondering if he should have his cholesterol checked to see if it is food or his family that might be putting his heart at risk. He would rather not take any more pills, but he also doesn't want to be in the hospital again – the food is terrible! Do you think you can help him?



# Save Mac's Life!!!

Answer these questions and turn them in today to prove you know a few things about dyslipidemia.

What tests can you order to screen Mac for dyslipidemia?

Should Mac's children be screened for dyslipidemia? Why?

When and how often should adults be screened for dyslipidemia?

Name 3 "MI equivalents" that Mac has for which an LDL goal < 100 is recommended?

For some people, their LDL goal can be changed if other aspects of their health status change – what modifiable factors are used to calculate someone's LDL goal?

What does TLC stand for?

List three ways you can attempt to engage patients in making behavior change to lower cholesterol and improve cardiovascular health in general.

What medications is Mac on that can contribute to hyperlipidemia?

At what level of triglycerides are patients at high risk for developing pancreatitis?

In addition to TLC, first line pharmacological treatment for hypertriglyceridemia is using what class of medicine?

Which statins are less likely to cause myalgias?

Name two possible side effects attributable to statin use?

What monitoring test is usually recommended for patients taking a statin?

If that test is elevated to twice the upper limit of normal, what do you do?

Name three "alternative" treatments for hyperlipidemia which Mac or your other patients may be using.

What are the five objective measurements are used to make the diagnosis of metabolic syndrome?

**Thanks so much! Mac is counting on you...**