

Weight loss

Introduce yourself , take permission
Patient profile (name , age , occupation , marital status, address)
Chief complaint + duration
Analysis of the Chief Complaint (HOPI)
a) Are you following diet program? b) How many Kg you lost? Time? c) Last time you weigh yourself , How much? d) How is appetite ? How is diet? is there any problem that prevents eating (teeth pain/odynophagia)? e) Increase in Physical activity . g) Previous episode .
Associated symptoms Malignancy → Fever, Night sweating, Palpable Lump anywhere in body. <u>GI causes :</u> A) Malabsorption → Abdominal pain, Abdominal distention, Diarrhea. B) IBD → Lower abdominal pain, Nausea & Vomiting, Constipation, Bloody Diarrhea . C) PUD (GU) → Epigastric pain related to food, Bloating, Melena, Upper GI bleeding. <u>Endocrine causes :</u> A) Hyperthyroidism → Heat intolerance, Palpitation, Increased Appetite. B) DM → Polyuria, Polydipsia, Polyphagia, Recurrent infections. C) Addison's disease → Hyperpigmentation, Orthostatic hypotension, Fatigue. <u>Depression & Anxiety</u> : loss of interest , change in mood , poor memory , insomnia . <u>RS Sx</u> : Cough, SOB, Hemoptysis (TB) <u>Cardiac Sx</u> : Orthopnea, PNDs, Ankle swelling. <u>Renal disease</u> : Oliguria, Altered mental status . <u>Liver failure& hepatitis</u> : jaundice , edema , bleeding tendency , abdominal distention. <u>Anemia Sx</u> : Pallor, Fatigue, Dizziness <u>CTD</u> : Arthritis , Skin rash , morning stiffness.
Review of systems
Past medical and surgical • Previous surgeries • Chronic illnesses (DM, HTN, Hyperlipidemia) . <u>Hx of recurrent infection (HIV)</u>
Drug Hx & Allergy: → <u>Thyroxin , laxatives , Metformin</u>
Family Hx: Same condition , Chronic illness
Social Hx: Smoking history (# of pack years), alcohol , Drug abuse ,travel history .

(DDx: Malabsorption Diseases, Hyperthyroidism, DM, Malignancy, Addison's disease, IBD, PUD , TB , Renal failure, Depression).

****Investigations:**

1. **Malabsorption** → Lower GI endoscopy.
2. **Hyperthyroidism** → TFT.
3. **DM** → Fasting blood glucose level, OGTT, HgbA1C.
4. **Addison's disease** → ACTH stimulation test.
5. **PUD** → Upper GI endoscopy.
6. **TB** → BPD, Interferon Gamma, ziehl neelsen stain (culture), Chest Xray.