

Case Presentation for 7/21/05

Hypertension and CV Risk

62 year old woman referred for evaluation and treatment by her daughter who is an MD, concerned about her mom's weight and BP. Recent ER visit for back pain, told BP systolic in 160-170 range. Other than OA of back and knees, denies any other sig. PMHx.
Patient is post menopausal.

Physical Exam

Height: 60 inches

Weight: 220 pounds

Temperature: 98.6 degrees F

Pulse rate: 64

Pulse rhythm: regular

Respirations: 12

Blood Pressure #1: 170/100 mm Hg

BMI 43.12

Exam remarkable only for WS of 43"

Fasting labs:

Tchol 244

LDL 136

HDL 80

TG 113

TSH 3.1

Homocyst 9.5

HsCRP 6.5

Lp(a) 148

Hb A1c 5.9

Insulin 10.9 (6-27)

C peptide 2.9 (1.1-5.0)

Urine microalb 52 mg/g

Glucose 104

Questions:

1. What is her 10 yr Framingham risk?
2. How would you treat her BP
3. Would you consider any other cardiovascular risk reduction therapy. ?
4. Would you start lipid altering therapy, and if so which and what would your goals be?