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Comprehensive Medical Summary and Analysis for 63 Year Old Male Patient

Date of Report: September 21, 2023

Medical Record Number: DVS_DD_23

Doctor In Charge: Dr Lady Adelaida, Dr Anthony Close



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Demographics

- Age: 63
- Gender: Male
- Height: 176 cm
- Current Weight: 76 kg
- Occupation: Sedentary job, approximately 80% of workday spent sitting at a computer

Chief Complaints

- Insufficient Sleep: 4–5 hours per night
- Cognitive Fluctuations: Forgetfulness and reduced mental sharpness
- Reduced Interest: Less interest in business activities and decreased motivation

MEDICAL HISTORY

*General Health, Diabetes
Management, Cardiovascular Health,
Endocrine System, Nutritional Status*



General Health

- Weight Loss: Reduced weight from 100 kg in November to 76 kg (lost 24 kg).
- Physical Activity: Engages in one hour of exercise daily, focusing on cardio, treadmill, rowing, and weights.

Cardiovascular Health

- Past Medications: Was on statins for cholesterol and Lisinopril for high blood pressure.

Diabetes Management

- Type: Type 2 Diabetes
- Progression: Transition from pre-diabetic at age 40 to full diabetes in early 50s.
- Family History: Father also had diabetes.
- Latest A1C Levels: Improved from 9.2 to 5.9 after stem cell treatment.
- Treatment: Previously on Metformin (2g/day), recently discontinued after improvement.



Endocrine System

- Prolactinoma: Diagnosed with a prolactinoma tumor two years ago.
- Prolactin Levels: Reduced from over 1,000 to 30.
- Testosterone: Very low levels; self-administered TRT currently in place.

Nutritional Status

- Vitamin D: Previously low but now within normal range.



RADIOLOGICAL FINDINGS

MRI Pituitary & Thyroid Ultrasound



MRI Pituitary

- Diagnosis: Pituitary macroadenoma with minimal change in size.
- Latest Size: 1.6 x 1.9 x 1.9 cm as of 6/14/2021.
- Clinical Indications: History of prolactinoma.

Thyroid Ultrasound

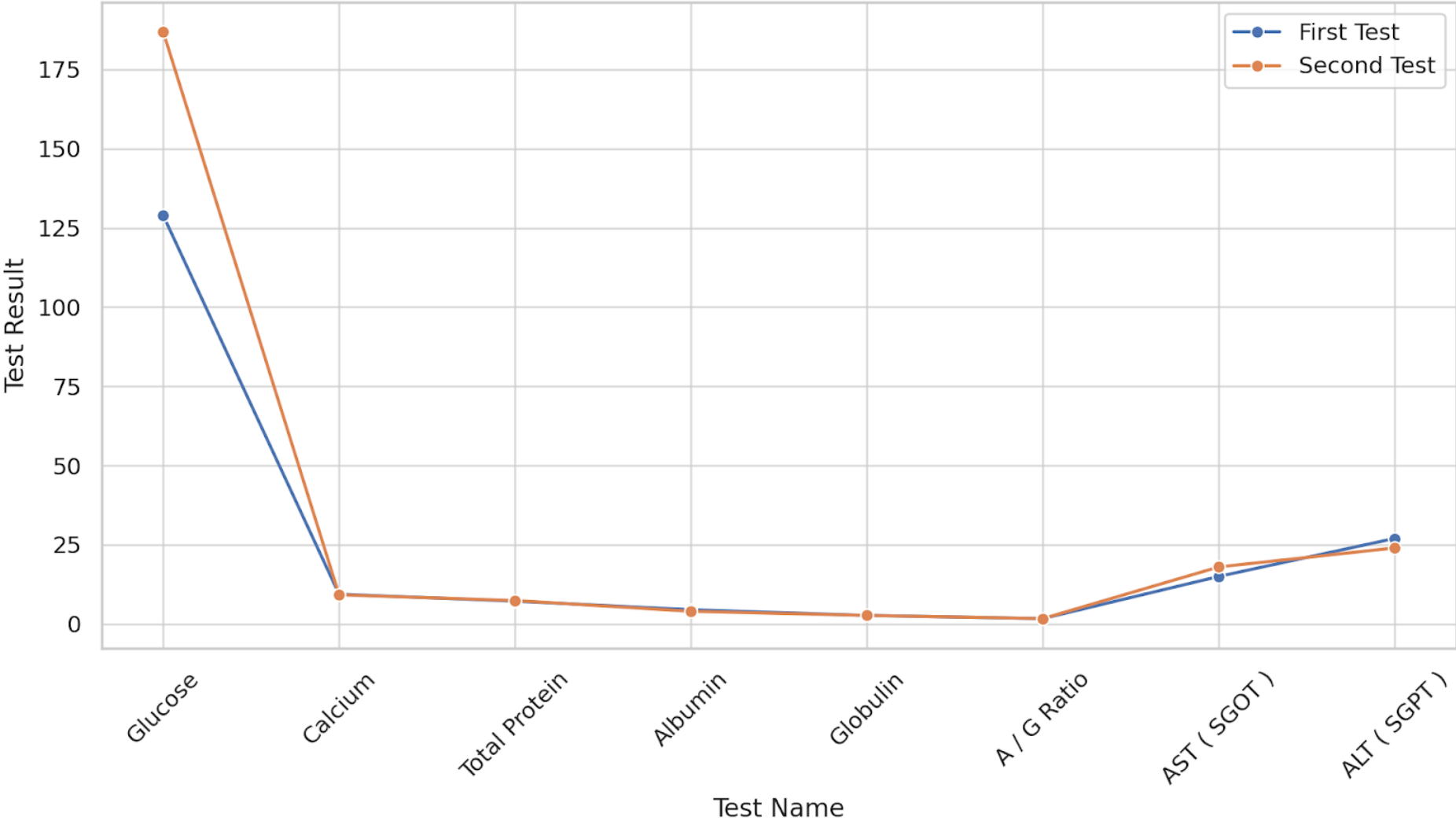
- Diagnosis: Stable bilateral thyroid nodules without suspicious features.
- Latest Measurements: Right lobe 3.7 x 2.8 x 5.6 cm, Left lobe 2.4 x 2.0 x 5.5 cm.
- Clinical Indications: Follow-up for right and left thyroid nodules.

LABORATORY TEST RESULTS COMPARISONS

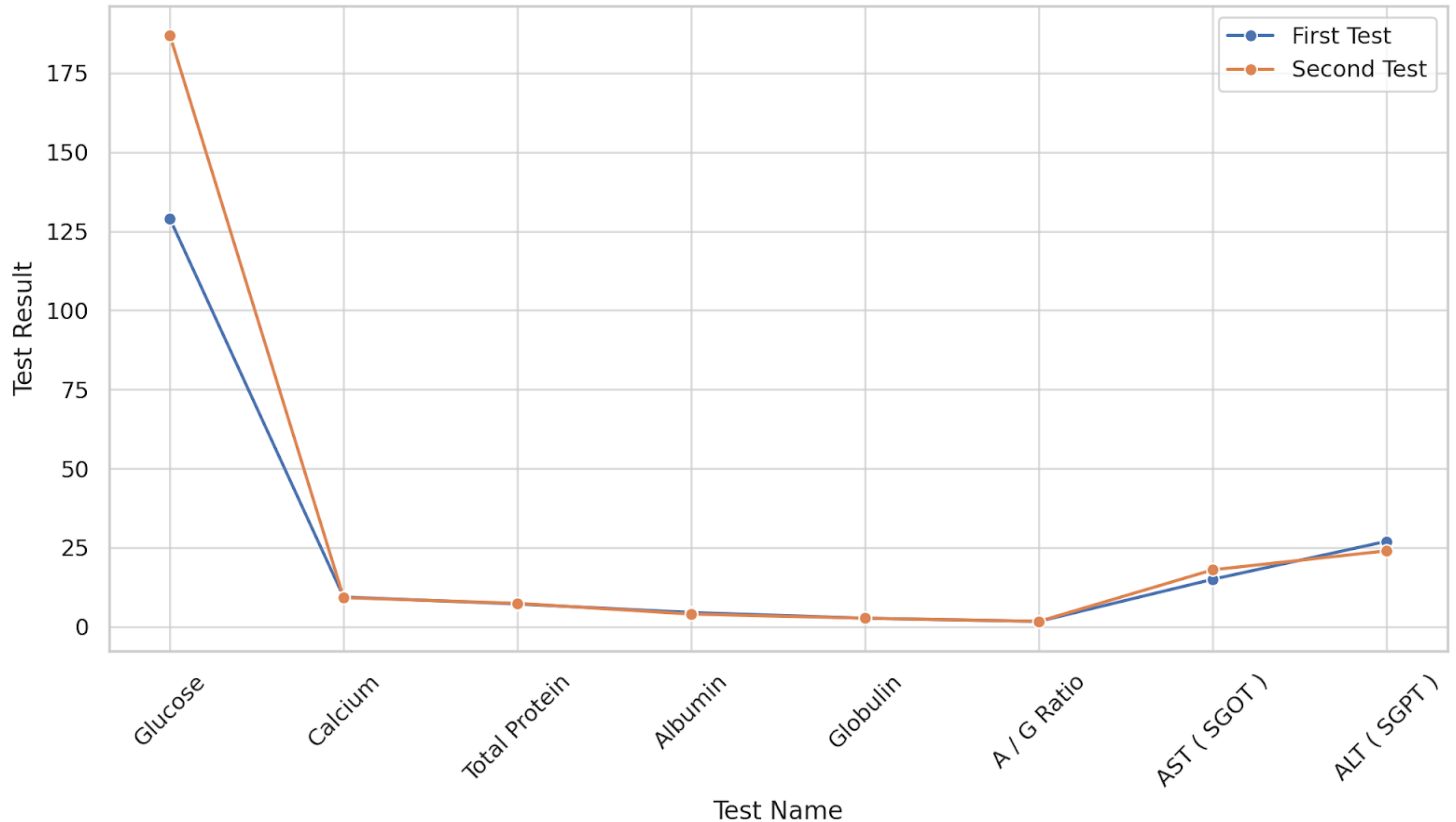
Changes, Trends, and Abnormalities



Comparison of Laboratory Test Results Over Time



Comparison of Laboratory Test Results Over Time



➤ Glucose:

- **First Test:** 129 mg/dL (High)
- **Second Test:** 187 mg/dL (Significantly High)

Observation: There is a significant increase in glucose levels, which is a concerning sign given your diabetic history.

Suggestion: Immediate intervention is required to manage glucose levels

➤ Calcium:

- **First Test:** 9.4 mg/dL (Normal)
- **Second Test:** 9.2 mg/dL (Normal)

Observation: Calcium levels are stable and within the normal range.

Suggestion: Continue current dietary and medication regimen.

➤ Total Protein:

- **First Test:** 7.2 g/dL (Normal)
- **Second Test:** 7.4 g/dL (Normal)

Observation: Slight increase but within the normal range.

Suggestion: No immediate action required.

>

Albumin:

- **First Test:** 4.5 g/dL (Normal)
- **Second Test:** 4.0 g/dL (Normal)

Observation: A slight decrease but still within the normal range.

Suggestion: Keep an eye on this metric in future tests.

>

Globulin:

- **First Test:** 2.7 g/dL (Normal)
- **Second Test:** 2.7 g/dL (Normal)

Observation: Levels have remained stable.

Suggestion: No immediate action required.

>

A/G Ratio:

- **First Test:** 1.7 (Normal)
- **Second Test:** 1.7 (Normal)

Observation: The A/G ratio remains constant and within the normal range

Suggestion: No immediate action required.

➤ AST (SGOT)

- **First Test:** 15 U/L (Normal)
- **Second Test:** 18 U/L (Normal)

Observation: A slight increase but still within the normal range.

Suggestion: No immediate action required.

➤ ALT (SGPT):

- **First Test:** 27 U/L (Normal)
- **Second Test:** 24 U/L (Normal)

Observation: A slight decrease but still within the normal range.

Suggestion: No immediate action required.



OVERALL SUGGESTIONS

- Immediate medical consultation is required for elevated glucose levels.
- Regular monitoring of Albumin and liver enzymes is advised.
- Continue with the current regimen for other metrics that are within the normal range.



OBSERVATIONS

RECOMMENDATIONS

CORRELATIONS



Observations >

01

Immediate medical consultation is required for elevated glucose levels.

02

Regular monitoring of Albumin and liver enzymes is advised.

03

A follow-up MRI is strongly recommended given the minimal change in the size of the pituitary mass.

04

Continue with the current regimen for other metrics that are within the normal range.

05

No further imaging is necessary for thyroid unless clinical symptoms change.

06

An in-depth sleep study and further evaluation of cognitive fluctuations are recommended.



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BLOOD WORK & RADIOLOGICAL

CORRELATIONS

ENDOCRINE IMPACT

The pituitary macroadenoma and thyroid nodules could impact hormonal balance, as evidenced by the blood work markers such as testosterone and glucose.

METABOLIC MARKERS

Elevated glucose levels and stable calcium levels might indicate that the pituitary macroadenoma may be affecting metabolic regulation while thyroid function remains stable.



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OVERALL RECOMMENDATIONS



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Endocrinological Assessment :

- A comprehensive endocrinological assessment is strongly advised.

Regular Monitoring :

- Continued monitoring of endocrine markers in blood tests along with periodic radiological assessments will be crucial for effective management.

Immediate Action for Glucose :

- Elevated glucose levels need immediate medical intervention, potentially requiring adjustments to medication or lifestyle changes.



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This summary is for informational purposes and should not replace professional medical advice.

Please consult with healthcare providers for diagnosis and treatment.

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