

## **Module 1: Patient History**

### **Patient 1**

Is a 50 year old 6ft 2in male of average weight. He is a physical education teacher and coaches little league basketball. He reported through his family history that his grandfather and uncle on his maternal side were inflicted with bladder cancer. He has no knowledge of diabetes in his immediate family although his paternal history is unknown. His last yearly physical examination indicated borderline high blood pressure which is currently being monitored. He is not on any prescription drugs but does take over the counter drugs to relieve pain in his joints. He reports that he is a recovered alcoholic who has been sober for the last 15 years.

Patient is being seen today for problems with interrupted sleep due to frequent and excessive urination. He also complained about a burning sensation upon urination especially during early morning urinations.

### **Patient 2**

Is a 12 year old female. She is 5ft 2in, very slim and underweight. Her mother reports that she had been very active in school and had been an honor student. However, over the past 18 months, her teachers report that she is constantly fall asleep in class, does not complete or turn in her assignments and has had several altercations with others in class. Her parents state that she has developed an apathetic attitude and is very easily frustrated, does not follow simple directions and is often confused.

Patient is being seen today because her parents are concerned about her dramatic weight loss and her change in attitude. Parents also report that she is constantly sleeping and seems to have excessive thirst. Parents are also concerned about several scabs on her skin. Parents concerns are that the injuries may be self-inflicted.

### **Patient 3**

Is a 50 year old male pastry chef who owns his own gourmet pastry shop. He is one of three identical male triplets. He is 5 ft 8in and is overweight. Patient lives a pretty much sedentary life due to severe pain issues in his legs and feet. His last yearly bloodwork indicated borderline high blood sugar levels after a 4 hour fast. Patient history report reveals that one sibling suffers from hypoglycemia.

Patient is being seen today with symptoms of increased leg and foot pain, constant heart burn issues, and excessive urination. He is not concerned about his weight and reports that he has always been a bit overweight.