

Hypertension: A Case Study

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Improving Health: One Patient at a Time

Patient Data

Mary is a 52-year-old woman with poorly controlled hypertension who came into the office today because she has become increasingly inactive over the past 8 years as a result of work and life stresses, including chaperoning 2 teenage daughters to clubs and dance classes. Mary complains of persistent fatigue and a vague feeling of malaise. She denies having shortness of breath or chest pains but states that she "barely does anything more physical than starting the car." She has put on 42 pounds over the past 6 years. She reports taking her antihypertensive medication as prescribed.

During her interview, Mary revealed that her mother is 79 years old with no significant medical history. Mary's father died in a motor vehicle accident when he was 65 years old. Mary has two younger brothers, 47 and 49, who have no reported medical problems. Mary has four aunts, one of which was diagnosed with breast cancer at age 49. There is no history of cardiovascular disease in her family. Mary lives with her two daughters and her husband in a golf community outside the city. Her husband is a chef and she was recently promoted to executive within the telecommunications company that she works.

Upon her review of systems Mary denies any recent vision changes, headache, shortness of breath, chest pain, dizziness or loss of consciousness. She also denies any abdominal

pain, nausea, vomiting, or diarrhea. Rarely does Mary get constipated. She reports a normal appetite and eating pattern with occasional binges. There were no changes in motor strength reported, nor any sensory changes. It was revealed that she does complain of severe mood changes as well as hot flashes as a result of going t...

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