Read this case from msdmanuals.com and complete the activities below.

Anemia in a 42-year-old woman

History of Present Illness

A 42-year-old woman comes to the office for evaluation of significant anemia. She was diagnosed the previous week at an urgent care center during an evaluation for a 2-week history of progressive fatigue and dyspnea on exertion. She had a negative workup for cardiac and pulmonary disease, including normal pulse oximetry, chest x-ray, ECG, and point-of-care cardiac ultrasound. However, at that visit her hemoglobin was discovered to be 7.0 gm/dL (70 gm/L). Today in the office, she is still dyspneic with exertion, is unable to climb a flight of stairs without stopping, but she denies any other current symptoms. She has noted no bloody or dark stools or excessive vaginal bleeding. Her menses are regular, lasting 4 days, and she describes them as "not heavy." She has been told in the past that she had a "low blood count" that her previous doctor attributed to her periods and her vegetarian diet. She was sometimes treated with iron supplements but has had no other treatment or workup.

Reading Comprehension – Understanding Medical Language

1. The patient reported **progressive fatigue**.
- increasing tiredness / sudden pain
2. She experienced **dyspnea on exertion**.
- shortness of breath during activity / chest pain at rest
3. Her **pulse oximetry** was normal.
- oxygen level measurement / blood pressure reading
4. The patient denied **bloody or dark stools**.
- abnormal bowel movements with blood / urinary symptoms
5. Her physician noted a **low blood count** in the past.
- reduced hemoglobin level / elevated blood sugar
6. She was previously treated with **iron supplements**.
- medication to increase iron levels / antibiotics for infection
7. Her **menses are regular**.
- menstrual cycles occur normally / menstrual bleeding is excessive
8. The previous workup for cardiac and pulmonary disease was **negative**.
- no disease was identified / severe disease was confirmed

Read carefully and decide if the statements are TRUE or FALSE

1. The patient's symptoms began suddenly a few days before evaluation.
2. Cardiac and pulmonary studies did not identify a clear cause of the symptoms.
3. The patient reports heavy menstrual bleeding.
4. Previous physicians had considered the possibility that her diet contributed to the anemia.

LIVEWORKSHEETS

Modality & Degrees of Certainty

Modals Practice – Choose the correct option

1. The patient's anemia **may / must** be related to iron deficiency, but further tests are needed.
2. Chronic hemorrhage **could / definitely** still be a possible cause of the anemia.
3. The symptoms **might / cannot** be associated with vitamin B12 deficiency.
4. Her vegetarian diet is **likely / impossible** contributing to the condition.
5. Acute hemorrhage is considered **unlikely / certain** because the patient denies active bleeding.
6. The previous diagnosis **may / clearly** have underestimated the severity of the anemia.
7. Additional laboratory studies **could / never** help determine the underlying cause.
8. The anemia is **unlikely / guaranteed** to be caused by cardiac disease because the workup was negative.

LIVEWORKSHEETS

Listen to a similar case and choose the correct option

1. The patient experienced symptoms over the last **month / week**.
2. She reported **dizziness / chest pain** in addition to fatigue.
3. Initial studies revealed **no significant / severe** cardiopulmonary abnormalities.
4. The symptoms may be related primarily to **hematologic / neurologic** causes.
5. Her hemoglobin level was **8.1 / 11.8** grams per deciliter.
6. The patient denies **gastrointestinal bleeding / menstrual changes**.
7. Nutritional deficiency could be associated with her **restrictive diet / recent surgery**.
8. Iron deficiency is considered **likely / impossible** at this stage.

LIVEWORKSHEETS