

Caso clínico síndrome metabólico



Rojas torres Priscila Vanesa

Geriatría

Doc dario cristiaderit

Contents of this template

Pcte. 61 Años sexo femenino Refiere que hace 3 semanas antes de su ingreso presenta: Disnea de grandes esfuerzos que hace 3 días evoluciona a medianos esfuerzos. Se acompaña de disnea paroxística nocturna que la lleva a ortopnea. Nos refiere la paciente hiporexia y malestar general. 12 horas antes de su ingreso la paciente refiere la siguiente sintomatología: Dolor precordial tipo opresivo de moderada intensidad por aproximadamente 30 minutos. Diaforesis

APP: •Hipercolesterolemia: hace 2 años
•DM2: hace 4 años.
•HTA :hace 4 años

OBJETIVO

Signos Vitales

Frec. Cardíaca/min: 92 x'

Frec. Resp. /min: 34x'

T/A: 140/90

Peso : 73 kg

Talla: 1.60 m



I.M.C.: 28

Perímetro abdominal: 115 cm

PIEL: pálida, húmeda

TORAX:

- Percusión: submatidez 1/3 inferiores.
- Auscultación. Estertores crepitantes bilaterales en 1/3 medio e inferior de ambos campos pulmonares. murmullo vesicular disminuido en bases.

CARDIACO:

- Auscultación:R1 y R2 , disminuidos en tono e intensidad

ABDOMEN

Ingurgitación hepato yugular

Inspección: Globuloso.

Edema de MI GODET +++



Criterios Diagnósticos de Síndrome Metabólico

Medición clínica	ATP III* (3/5)	AHA/NHLBI** (3/5)	IDF*** (obesidad central + 2/4)
Circunferencia de cintura	>102 cm hombres >88 cm mujeres	≥102 cm hombres ≥88 cm mujeres	≥90 cm hombres ≥88 cm mujeres
Triglicéridos	≥150	≥150 o Tx médico para Htrig	≥150 o Tx médico para Htrig
HDL-C	<40 mg/dl hombres <50 mg/dl mujeres	<40 mg/dl hombres <50 mg/dl mujeres	<40 mg/dl hombres <50 mg/dl mujeres
Tensión arterial	≥130/≥85 mmHg o Dx Med Prev HTA	≥130/≥85 mmHg o Dx Med Prev HTA	≥130/≥85 mmHg o Dx Med Prev HTA
Glucosa	≥110 mg/dl o Dx Med Prev DIA	≥100 mg/dl o Dx Med Prev DIA	≥100 mg/dl o Dx Med Prev DIA

*Third Report of the National Cholesterol Education Program (NCEP) Expert Panel on Detection, Evaluation and Treatment of High Blood in Adults (Adult Treatment Panel III)

**American Heart Association (AHA) and the National Heart, Lung, and Blood Institute (NHLBI)

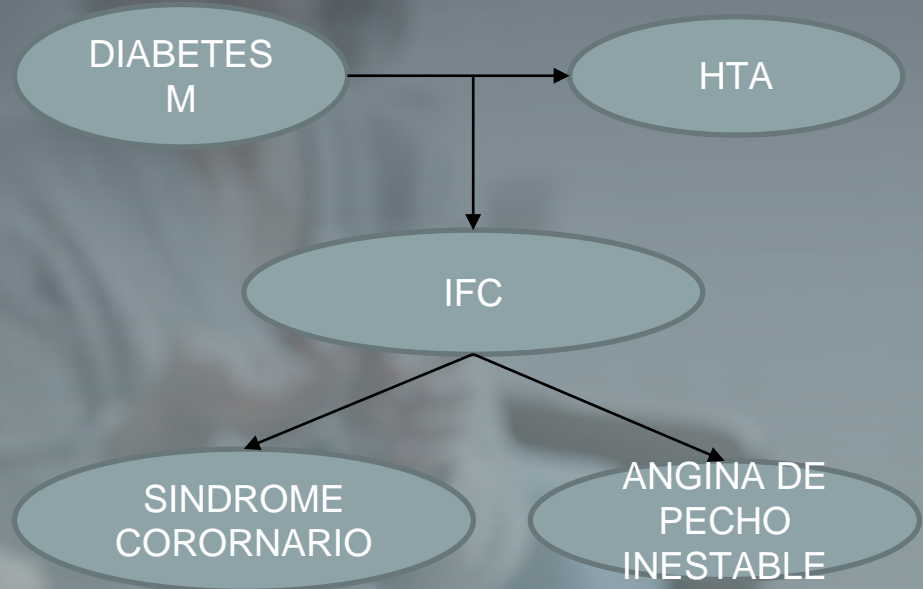
***International Diabetes Federation

IMC:
28

PERIMETRO
ABDOMINAL
115 CM

HIPERCOLESTEROLEMIA

DM2
HTA





PLAN DIAGNOSTICO

BHC □ Hemoglobina glicosilada 1 Ac
□ Urea, creatinina, ac. urico
□ IONOGRAMA □ TROPONINA, CPK
□ EKG □ Rx PA DE TORAX □ ECO
DOPPLER



PLAN TERAPEUTICO

DIURETICO furosemida IECA
captoprilo O ARA II losartan O
ANTAGONISTA RECEPTOR BETA
carvedilol NITRATOS nitroglicerina
ANTIPLAQUETARIOS ORALES
clopidogrel

EXAMENES COMPLEMENTARIOS

BH

WBC	6.09
RBC	4.67
HGB	12.8
HCT	39.4
MCV	84.4
MCH	27.4
Plaquetas	177
Neutrófilos	60.1
Linfocitos	29.4
Monocitos	7.2
Eosinófilos	2.8
Basofilos	0.5

QUIMICA SANGUINEA

UREA	58 mg%
CREATININA	1.2 mg%
PROTEINAS TOTALES	5.0 g%
ALBUMINA	3.0
GLOBULINAS	2.0

IONOGRAMA

Na	140
K	4.5
Cl	107

Our statistics

44%

2020

Venus is the second planet from the Sun

67%

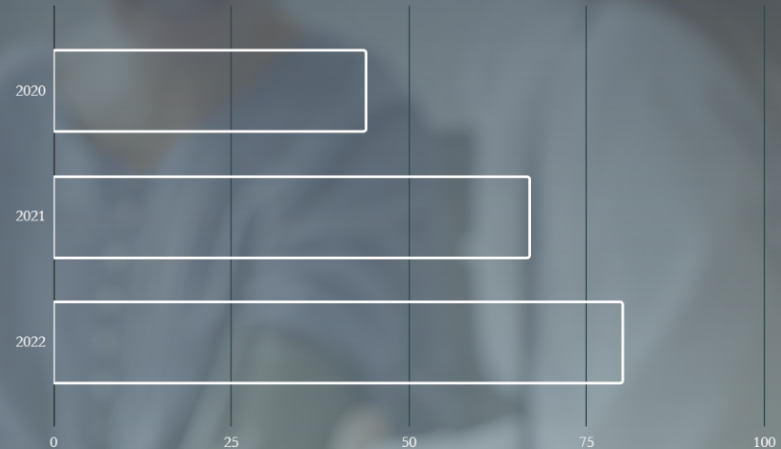
2021

Jupiter is the biggest planet of them all

80%

2022

Neptune is the farthest planet from the Sun



Follow the link in the graph to modify its data and then paste the new one here. [For more info, click here](#)

Milestone reached

01

Venus

It's the second-brightest natural object in the night sky after the Moon

02

Earth

Earth is the third planet from the Sun and the only one that harbors life in the Solar System

03

Saturn

It's a gas giant and has several rings.
It's composed mostly of hydrogen and helium

04

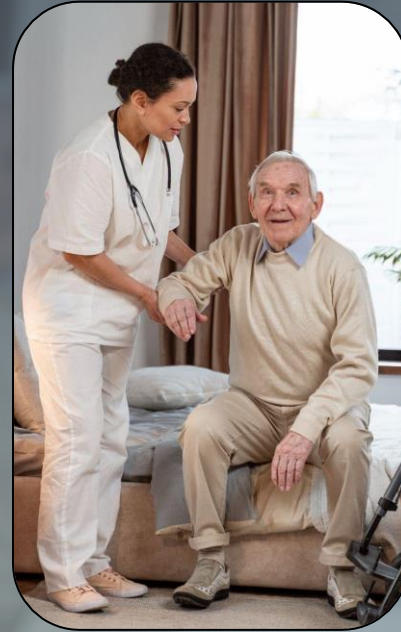
Neptune

It's the farthest planet from the Sun. It's also the fourth-largest planet by diameter

Awesome words

Patient care

Mercury is the closest planet to the Sun and the smallest one in the Solar System—it's only a bit larger than the Moon. The planet's name has nothing to do with the liquid metal, since Mercury was named after the Roman messenger god



Areas we cover



Venus

Venus is the second planet from the Sun



Mars

Despite being red, Mars is a cold place



Jupiter

It's the biggest planet in the Solar System



Saturn

Saturn is a gas giant and has several rings

Services

Mercury

It's the closest planet to the Sun and also the smallest one in our Solar System



Neptune

The farthest planet from the Sun and the fourth-largest one in our Solar System



Mars

Despite being red, Mars is a cold place, not hot. It's full of iron oxide dust



Thanks

Do you have any questions?

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