

Case 2: It's a case of the heart

PT is a 52-year-old who has a previous medical history significant for type 2 diabetes diagnosed 14 years ago, hypertension diagnosed 16 years ago, and dyslipidemia diagnosed 14 years ago. He had an MI 6 months ago, but has been doing well, having just completed cardiac rehab. He is in for routine follow up today. He does note that he reported having a hard time achieving an erection over the last few months at his recent cardiologist visit, and the cardiologist prescribed a new medication. He has not used it yet.

Current medications

Aspirin 81 mg daily

Atorvastatin (Lipitor) 40 mg daily

Isosorbide mononitrate (Imdur) 30 mg daily

Insulin glargine (Basaglar) 44 units at bed

Lisinopril 20 mg daily

Metformin 500 mg 2 tablets twice daily

Metoprolol tartrate (Lopressor) 25 mg bid

Nitroglycerin 0.4 SL tablets

Sildenafil 50 mg (Viagra) as needed

Relevant Vitals (taken today):

Blood pressure: 144/82 left arm, seated

Pulse: 68

Relevant labs (taken today):

A1c: 8.7

Creatinine 1.1

Potassium 4.4

Sodium 140

LDL 62

HDL 34

Triglycerides 155

Total Cholesterol 127

PT notes that he has not needed to use his nitroglycerin in more than 2 weeks, which is better than the once or twice per week that he was using it before.

Questions:

1. What concern do you have about the new medication that PT has been prescribed?
2. Would you counsel him on use of this new medication? Would you want to have a discussion with his provider prior to proceeding?