INTERESTING CASES IN INTERNAL MEDICINE

An Evidence-Based Approach



Editors
Bhargavan Pallivalappil
SK Suresh Kumar
Siju Kumar

Foreword
Sajeeth Kumar KG

JAYPEE

JAYPEE BROTHERS

Contents

1. **A Case of Obstructive Jaundice** 1
   Edens Jose, Udayabhaskaran V

2. **A Rare Case of Multiple Cranial Nerve Palsies** 3
   Benhur Basheer, Udayabhaskaran V

3. **An Interesting Case of Pyrexia of Unknown Origin** 5
   Anjana Nair, Bhargavan Pallivalappil

4. **A Rare Case of Reactive Arthritis with Intermittent Hematuria in a Young Male** 7
   Anuja Jacob, Bhargavan Pallivalappil

5. **Stroke with Unusual Association** 9
   Benhur Basheer, Udayabhaskaran V

6. **A Case of Pancytopenia** 10
   Hashid I, Bhargavan Pallivalappil

7. **A Lethal Virus that Claimed a Young Man's Life** 12
   Anuja Jacob, Bhargavan Pallivalappil

8. **Two Cases of Polyarticular Arthritis** 14
   Shyam Krishnan EK Nair, Shamsudheen M, Sukesh E

9. **A "Sparkling" Cause for Cardiac Failure** 17
   Riya Margaret Luke, R Krishnan

10. **Facing the Unexpected in a 72-year-old Male Presenting with Tiredness** 19
    Sila Chandran, G Manoj

11. **Uncommon Path of a Very Common Disease** 21
    Athira CK, Geetha P, Neeraj Manikath, Faizal U, Rojith K Balakrishnan

12. **A Case of Retro-orbital Pain** 23
    Sainadh Koduru, Bhargavan Pallivalappil, B Manoj

JAYPEE BROTHERS

13. **Interesting Case of Eosinophilia and Renal Failure** 25
Fathimath Unaiza TA, Bhargavan Pallivalappil

14. **A 25-year-old Lady with Upper Abdominal Pain** 29
Mohammed Ameen C, Bhargavan Pallivalappil

15. **Rare Neurological Manifestation in a Patient with Systemic Lupus Erythematosus** 32
Shabnam Kalenchira, Bhargavan Pallivalappil

16. **A Weary Lady** 34
Muhammad Vaseem K, Bhargavan Pallivalappil, G Manoj

17. **Persistent Thrombocytopenia and Prolonged Fever in Chronic Idiopathic Thrombocytopenic Purpura** 36
Shine Antony, Bhargavan Pallivalappil

18. **A Case of Anemia with Hematuria** 39
Revathy A, Bhargavan Pallivalappil

19. **Melioidosis: An Interesting Case of Lymphadenopathy** 41
Sherin Khader, Bhargavan Pallivalappil

20. **A Rare Case of Complete Pachydermoperiostosis** 44
Sadab Raza Khan, Bhargavan Pallivalappil

21. **Two Unusual Complications in a Parasitic Infection** 51
Saritha KM, Bhargavan Pallivalappil

22. **Disseminated *Burkholderia cepacia* Sepsis with Multisystem Involvement** 55
Semeera Thoufeeq PM, Bhargavan Pallivalappil

23. **Postpartum HELLP with Thrombotic Microangiopathy** 58
Harikrishnan, Jayameena P, Sabitha Nithyanandan, Gangaprasad G

24. **A Case of Lead Poisoning** 60
Ramya Anandh, M Sudheer, Arun Sivasankar, Anjaly Krishnanandan, Biju

25. **A Case of Fatal Meningitis** 65
Haseeba M, Bhargavan Pallivalappil, VG Pradeep Kumar

26. **Clinical Characteristics and Profile of Polycythemia: An Observational Single-Center Study** 68
Haseeba M, KG Alexander, Shinto Francis Thekkudan, Bhargavan Pallivalappil

JAYPEE BROTHERS

27. A Rare Case of Pyrexia of Unknown Origin Unveiling Anti-Mi-2β Positive Idiopathic Inflammatory Myositis **71**
Muhammad Vaseem K, Bhargavan Pallivalappil

28. Fever with Pancytopenia **73**
Greeshma George, Bhargavan Pallivalappil

29. Parathyroid Adenoma Presenting with Encephalopathy and Hematemesis **77**
Vyshakh TV, Abdul Latheef AG

30. Fever of Unknown Origin with Generalized Lymphadenopathy **80**
Fahad Rasheed, G Manoj

Index **83**

JAYPEE BROTHERS

CHAPTER

5

Stroke with Unusual Association

Benhur Basheer, Udayabhaskaran V

CASE PRESENTATION

An 81-year-old male patient with history of long-standing type 2 diabetes mellitus (T2DM) and hypertension (HTN) now presented with sudden-onset weakness of left upper limb followed by left lower limb associated with slurring of speech and right facial deviation. Central nervous system (CNS) examination revealed left upper motor neuron (UMN) facial palsy, left sided hypotonia, left hemiparesis of power 3/5 on upper and lower limbs, and sluggish deep tendon reflexes over left triceps, knee, and ankle.

Magnetic resonance imaging brain showed acute infarct in right temporo-occipital region involving right middle cerebral artery (MCA)–posterior cerebral artery (PCA) watershed territory.

Serial electrocardiogram (ECG) showed dynamic changes with trop I elevation. ECHO showed regional wall motion abnormalities (RWMA) with mild left ventricular (LV) dysfunction. Blood investigations showed trilineage hyperplasia. Suspecting myeloproliferative neoplasms, sent for Janus kinase 2 (JAK 2) testing, which was positive. Peripheral smear showed no blasts/atypical cells, hence possibility of chronic myeloid leukemia (CML) was excluded. Possibility of primary myelofibrosis (PMF) was also excluded due to absence of splenomegaly and normal peripheral smear. Diagnosis was more in favor of essential thrombocythemia as hemoglobin was not that high and patient had no erythromelalgia and aquagenic pruritus. So polycythemia rubra vera was also reasonably excluded. So essential thrombocytosis which is a hypercoagulable state was considered the reason for two vascular events (arterial thrombosis) in this patient.

Take-home message

A high index of suspicion is needed for essential thrombocythemia in patients with ischemic stroke and acute coronary syndrome (ACS) presenting with high platelet counts.

JAYPEE BROTHERS

CHAPTER

6 A Case of Pancytopenia

Hashid I, Bhargavan Pallivalappil

CASE PRESENTATION

A 27-year-old gentleman, who is a PhD student, presented with a history of intermittent low-grade fever associated with tiredness and loss of appetite for 1 and half months' duration. He also had breathing difficulty and a history of the passage of dark-colored stools for 1 month. The patient was a known case of complex partial seizures and has been taking oxcarbazepine since 2015. His father had an autoimmune disease and was on steroid therapy (details not available). The patient's diet for the last 3 years was mainly vegetarian. There was no history of tuberculosis, connective tissue disorders, or previous blood transfusion.

***Clinical findings*:** Tachycardia (114 beats/min), tachypnea (26 breaths/min), and normal temperature and oxygen saturation.

***Physical examination*:** Severe pallor of the mucous membrane, icterus hepatomegaly (liver palpable 2 cm below costal cartilage).

***Course in the hospital*:** Initial blood investigations showed pancytopenia [hemoglobin (Hb)—3 g/dL, WBC count—1.8, platelets—1.06] with macrocytosis [mean corpuscular volume (MCV)—108.5 fL]. Erythrocyte sedimentation rate (ESR) was elevated. Oxcarbazepine was stopped due to pancytopenia, considering the possibility of drug-induced bone marrow suppression.

Liver functions showed unconjugated hyperbilirubinemia with normal enzymes. C-reactive protein (CRP), lactate dehydrogenase (LDH), and ferritin were elevated.

Peripheral smear showed RBCs—tear drop cells, ovalocytes, and occasional normoblasts, with decreased white blood cells and platelets. Oxcarbazepine was stopped given pancytopenia and considering the possibility of drug-induced marrow suppression.

Bone marrow study showed cellular marrow–erythroid series with megaloblastic maturation; myeloid maturation showed nucleomegaly and giant metamyelocytes.

There were no blasts, and megakaryocytes were seen scattered.

JAYPEE BROTHERS

INTERESTING CASES IN
INTERNAL MEDICINE
An Evidence-Based Approach

Salient Features

- Compilation of challenging and academically stimulating clinical cases presented during monthly meetings of Calicut Forum of Internal Medicine (CALFIM)
- Emphasizes bedside clinical reasoning, differential diagnosis, and problem-solving approaches in Internal Medicine
- Showcases the academic contributions of postgraduate residents and their faculty mentors from various teaching institutions
- Serves as a practical learning resource for medical students, residents, physicians, and teachers of medicine

Bhargavan Pallivalappil, President, CALFIM (2023–2025), is a prominent physician and medical teacher based in Kozhikode, Kerala. After graduating with an MBBS (1972) and an MD (1979) from Government Medical College, Kozhikode, he served there as Professor of Medicine until retiring in 2003. He subsequently taught at several premier institutions and currently serves as Chief of Medicine and Professor-in-Charge of the DNB program at Baby Memorial Hospital, Kozhikode. An active researcher, Dr Pallivalappil has guided numerous postgraduate theses and published 34 journal articles, including key research on Kerala's Nipah outbreak which he presented in Glasgow. He holds prestigious fellowships, including FIMSA and FRCP (Glasgow) and has twice served as President of CALFIM, where he championed compiling clinical case series to preserve the core of bedside clinical practice.

SK Suresh Kumar, Treasure, CALFIM (2023-2025) is a Senior Consultant in Diabetes and Medicine with over three decades of experience spanning clinical medicine, public health research, medical education, and community health initiatives. A Fellow of the Royal College of Physicians (Glasgow), he has served in diverse capacities including physician, researcher, academic coordinator, and healthcare administrator. His areas of interest include diabetes, cardiovascular risk reduction, and preventive medicine. A former Secretary and present Treasurer of CALFIM and an active contributor to several academic and professional organizations, Dr Kumar is deeply committed to bedside teaching, clinical excellence, and fostering a culture of continuous learning among physicians.

Siju Kumar served as Secretary of CALFIM from 2023 to 2025, during which he actively promoted academic excellence, professional collaboration, and continuing medical education among physicians. He is a Consultant Physician with over two decades of experience in clinical practice, medical education, and healthcare administration. He obtained his MBBS and MD (General Medicine) from Government Medical College, Kozhikode, Kerala. His areas of special interest include diabetes, allergy, and immunology. Dr Kumar has contributed to research in metabolic syndrome, cardiovascular risk factors, and leptospirosis. He continues to be actively involved in clinical research, physician education, and initiatives aimed at advancing the standards of internal medicine.

Buy from ejaypee

JAYPEE BROTHERS

Shelving Recommendation
MEDICINE

ISBN 978-81-69781-59-6