

Common symptom: Weight loss

- 1) Verify the weight loss- compare prior weights, change in dress size.
- 2) Inquire about the symptoms of diarrhoea and malabsorption- diarrhoea, large difficult to flush, malodorous stool.
- 3) Comprehensive history from head to toe (as per below).

4 most common causes for involuntary weight loss:

- Malignancy (GI, lung, lymphoma). 25%
- Non malignant GI diseases. 17%
- Depression and alcoholism. 14%
- Endocrine causes. 7%
- The rest is unknown.

Think anatomically:

- 1) Thyroid- increase sweating, nervousness, heat intolerance, thyroid swelling.
- 2) Lungs- cough, hemoptysis, tobacco use, severe COPD, TB.
- 3) GI symptoms
 - Oral- ill fitting dentures
 - Esophageal- dysphagia
 - Stomach- epigastric pain, early satiety, nausea, NSAIDs, malena,.
 - Small intestine- diarrhoea, difficult to flush stool.
 - Large intestine- change in stool, hematochezia.
 - Pancreas- epigastric pain, alcohol use, jaundice, dark urine.
 - Liver- risk factors for hepatitis, abdo pain.
- 4) Kidneys- symptoms of uremia- poor appetite, nausea and vomiting, anorexia, lethargy, polyuria, nocturia, insomnia, pruritus, pain, polyneuropathy, restless leg syndrome.
- 5) Screen for depression –SIG E CAPS.
- 6) Chronic diseases- Diabetes, Parkinson's, Stroke, RA, SLE, COPD.