

Case Study: Crohn's Disease Exacerbation in a 42-Year-Old Male

Chief Complaint:

"Severe abdominal pain, bloody diarrhea, and profound fatigue persisting for the past 10 days."

Demographics:

- **Age:** 42
- **Gender:** Male
- **Ethnicity:** Hispanic
- **Occupation:** Construction supervisor
- **Marital Status:** Divorced, co-parenting two children

Past Medical History (PMHx):

- Crohn's disease diagnosed at age 29
- History of stricturing ileocolitis with prior small bowel obstruction
- Iron-deficiency anemia secondary to chronic blood loss
- Hypertension, well-controlled with lisinopril

Past Surgical History (PSHx):

- Ileocolic resection 5 years ago due to stricture-induced obstruction

Allergies:

- Penicillin (rash)

Social History:

- Smokes one pack per day for the past 15 years
- Drinks alcohol socially (2–3 drinks weekly)
- Dietary history: Low-fiber, high-carbohydrate diet due to prior symptom triggers
- Sedentary lifestyle during flare-ups

Family History:

- Mother with rheumatoid arthritis
- Brother with ulcerative colitis

History of Present Illness (HPI):