**Presentation**

A 52-year-old woman with obesity and a 9 year history of type 2 diabetes presents with complaints of fatigue, difficulty losing weight, and no motivation. She denies polyuria, polydipsia, polyphagia, blurred vision, or vaginal infections.

She notes a marked decrease in her energy level, particularly in the afternoons. She is tearful and states that she was diagnosed with depression and prescribed an antidepressant that she chose not to take.

She states that she has gained an enormous amount of weight since being placed on insulin 6 years ago. Her weight has continued to increase over the past 5 years, and she is presently at the highest weight she has ever been. She states that every time she tries to cut down on her eating she has symptoms of shakiness, diaphoresis, and increased hunger. She does not follow any specific diet and has been so fearful of hypoglycemia that she often eats extra snacks.

Her health care practitioners have repeatedly advised weight loss and exercise to improve her health status. She complains that the pain in her knees and ankles makes it difficult to do any exercise.

Past medical history is remarkable for hypertension, and arthritis. Current medications include only insulin, Prinivil, Hydrochlorothiazide, and Triamterene.

On physical exam, her height is 5' 1 1/2" and her weight is 265 lb. Her blood pressure is 160/88 mmHg. The remainder of the physical exam is unremarkable.

On laboratory testing, chemistries, BUN, creatinine, and liver function tests are normal. Thyroid function tests and urine microalburnin are also normal.

**Questions to consider**

1. Is there any connection between diet and depression-like symptoms?
2. What is the drug Prinivil used for? Does it appear to be working?
3. What is the drugs Hydrochlorothiazide and Triamterene used for?
4. Does the fact that all of this women’s laboratory tests came back as normal seem odd? Does this indicate anything?
5. Of her three primary medical complaints (T2D, depression, hypertension) which do you think is the most serious? Why?