



The Clinical Presentation of Unhealthy Places

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Key Concepts

- Behavior Change
- “Compliance”
- Barriers to adherence to treatment plan

A Tale of Two Neighborhoods

Burtonsville,
Maryland

Edgewood,
DC



SM- 67 yo attorney

- Active Medical Problems
 - Hypertension
 - Hyperlipidemia
 - Anxiety disorder
 - Impaired fasting glucose
 - Recurrent low back pain
- Medications
 - Zocor, Ativan

Social History

- Married intellectual property attorney
- Non-smoker, drinks occasional red wine
- Commutes 14 miles each way to work in downtown DC, works 10-12 hour days
- Exercise- uses stairs at work; has joined a gym several times but dropped membership due to lack of use

Physical Exam, Labs

- BP 145/95, BMI 36
- Serum LDL 142, fasting glucose 122
- Personal Health Goals
 - “Get off cholesterol medication”
 - “Find the right gym and lose 15-25 lbs”
 - “Reduce my stress level”

SM - Barriers to Increased Physical Activity

- “No time to get to the gym”
- Lives in a cul de sac community located off a busy road with no sidewalk
- “No place to walk or ride“
- Strained back when loading bike on his car bike rack

RF- 72 yo retired schoolteacher



- PMH - hypertension, diabetes, CAD (s/p heart bypass), osteoarthritis of knees (s/p knee replacement), hyperlipidemia
- Medications- metformin, hydralazine, lisinopril, lovastatin, levothroid, ASA, Insulin, metoprolol
- SH- widow, non-smoker, non-drinker



Physical Exam

- BP - 165/104, BMI 42
- Heart - +S4 gallop
- Feet - 1+ pitting edema, reduced sensation on monofilament exam

Labs

HbA1C 9.2

LDL 134

creatinine 1.8



Personal Health Goals

"Get off some of these medications"

"Lose 50 pounds"

"Get back the energy to do more things
I want to do"



RF- Barriers to Exercise and Healthy Diet



- Feels safest walking in the corridors of her apartment building
- Shops at supermarket once per week, if church members can transport her
- Shops at local corner market for most of her food

African Americans report an average 32% increase in the fruit and vegetable intake for each super market in their census tract





Group Discussion

- Prepare a “story” of the home, work and play environments
- What are the factors in the built environment that form the background for the medical conditions we see in the exam room?
- Tell the story