PCP: A PIONEER OF PATIENT CARE

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A 53 year old caucasian male with a PMHx of Alcohol Use Disorder and Chronic Back Pain and hydronephrosis with stent placement who was directly admitted to hospital from his PCP to be evaluated for back pain and weight loss. His back pain more then 3 years, located lumbar area, nonradiating, not associated with neurologic deficit. He has been seen for back pain by neurosurgeon multiple time and had many injection with many trial of physical therapy and pain medications without any improvement. He has not seen any primary care physician during that period and in past as well. He has been always getting medical attention from his surgeon. During one of this visit , he had MRI of back for the pain which is incidentally showed horseshoes kidney. Later, he has been finally referred to a PCP for work up. During PCP office visit, he has to be found a change in his bowel habits and a 30 pound weight loss in the last 6 months. He moves his bowels about 5 times a day, the stools are scanty and "thin" with occasional abdominal pain. Additionally he had significant family history of LYNCH syndrome associated with colon cancer in his mother plus brother and ovarian cancer in her aunt. Her PCP decided to order same basic labs that showed severe anemia and abdominal and pelvic CT that showed large necrotic mass involving the distal segment of the sigmoid loop, concerning for neoplasm, hydronephrosis with horseshoes kidney. He also had multiple mets to liver. He had sigmoid colectomy and pathology report showed metastatic adenocarcinoma, Mismatched repair positivity and associated with LYNCH syndrome. He has been diagnosed with Stage IV colon cancer. If this patient at the beginning was followed up by PCP, he would be most likely have more change to be screen much early than 53 year old age. Because, firstly he already has have LYNCH syndrome in his family that would be leading more early screening for cancer. Secondly, he would have been screening of colonoscopy at age of 50 years old even thought if you missed family history. We can not underestimate having been follow up by regular a PCP in health care. PCP is a milestone of healthcare in every standpoint.