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Importance of monitoring nonspecific symptoms for diagnosis in primary care

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Background & Aim: A case of a girl of 26 years where the longitudinal history, problem-oriented characteristic of primary care, was instrumental in the diagnosis of her pathology.

Clinic Case: 26 year old woman who complains of numbness in palmar region of third phalanx of first and second left hand finger several days of evolution, she related to the stress of being in testing period. In physical exploration light decrease in sensitivity was detected in described area and there is no clinical companion. It tells observation and back for help if no improvement or worsening. A month goes telling symptomatic improvement but she was treated in the emergency room with symptoms of vertigo, which disappears at 24 hours. Check back a month for persistence of occasional dizziness, then she is asked by numbness and she related that have appeared occasionally and also altering the flavors to eat. In that moment she was asymptomatic and normal neurological examination. With suspected Multiple Sclerosis clinic, it was decided to request RNM that confirms the diagnosis. We decided to admitted to hospital. There new symptoms appear: diplopia, nystagmus.. In current treatment with natalizumab, the patient progressed satisfactorily by the time without further outbreaks.

Conclusions: The medical history in primary care, allows a longitudinal follow-up, our problem-oriented history allows assess the presence of new symptoms and join with old ones. The nearby patient knowledge, detailed history and examination allow us to diagnostic approaches before using diagnostic imaging and analytical methods.