

CASE: Jeffrey Smythe PATIENT

Name: Jeffrey Smythe
Age: 65 years
Occupation: Company Director
Family Situation: Widower. Lives alone. Wife died of breast cancer 10 years ago. 3 adult children all married, one with 2 children
Past History: You have high blood pressure since the age of 48. Well controlled on medication (Atenolol) and (Chlotride). You have had a heart attack at 56.
Non-insulin dependent diabetes diagnosed six months ago controlled by diet only.

Description of the Situation

Today you present requesting a "pick me up" or tonic. You state you have not got as much energy as you used to have and there seems to be a lot more going on in your life at the present time and you are not coping as well as you should.

You are a Director of several companies and with the downturn in the Asian economy, there are more meetings and more critical decisions needing to be made.

You are quite concerned about a recent breakup of your married daughter's marriage. In particular, you are very concerned about the effect the break up is having on your grandchildren aged 7 and 9.

You however say that life is not all that bad in that you have recently met a younger woman and this has given you a bit of a lift in your life. She is a woman in her mid-forties, a company secretary.

Given half a chance, you will continue talking about this as this is the main cause for your concern. You are unsure whether he should continue the relationship. Are you being a bit of an old fool? Could a new relationship bring on a heart attack. you are unsure of what to expect at your age. Again if prompted, and you feel that it is appropriate, you will relate an episode which occurred a week ago when you were out to dinner with your woman friend later going back to her room in her hotel. You became sexually aroused, but then developed an intense pounding of your heart. You felt very flustered and the erection you had went flat. You were highly embarrassed about the whole episode and will greatly appreciate an honest discussion of your situation and of your future. You are not used to talking about personal matters like this.

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