

Sejal is losing weight

You are a GP. Sejal is a 23 year old journalist who comes to see you concerned about her recent weight loss. She grew up in the area, but you have not seen her since she was a child.

She tells you that at first she thought the weight loss was just because she was so busy at work over the last two months. She's been running around a lot, and had been feeling tired and rundown. However, over the last two weeks she's been stuck behind a desk, doing nothing but working on a computer – so much so that she worries she may have damaged her eyes, because her vision has been blurry and she thinks she will have to change the prescription for her contact lenses – and still she seems to be losing weight.

Sejal is terrified that she might have cancer, which she knows can cause weight loss. She also wonders if the weight loss might be connected to her not sleeping; she wakes up at least three times every night. After you question her regarding why she wakes up, she tells you she usually has to pass urine. Upon further questioning, she tells you she has always made sure to drink at least two litres of water a day, because she knows you need to do that to keep your skin healthy. However, she has noticed that she's actually been drinking a lot more than that of late, because she is often thirsty.

You ask Sejal to provide a urine sample, which she does. You test it and find that it is positive for glucose and ketones. You need to explain to Sejal what your preliminary diagnosis is and what needs to happen next.