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Charlie Smith,  
StaySafe at Work,  
PO Box 111,  
Dunedin.

Dear Charlie,

***Re: Doug Vincent.***

Thank you for asking me to see Doug Vincent for an occupational medicine opinion. As you know, he had been well up to about 18 months ago, when he started to develop a general feeling of fatigue and malaise. He finds this difficult to describe, but he feels “different”. The two concrete things that he has noticed are a slight shortness of breath, and failing memory.

The shortness of breath occurs on walking up a flight of stairs, or 25 metres or so on the flat. He does not puff, and does not wheeze, but finds it difficult to “get a breath”. Occasionally he has a “twinge” on the left side of his chest, occurring for a short time (up to a minute). He does not associate this with exercise. He has no orthopnoea, paroxysmal nocturnal dyspnoea or ankle swelling.

He has no cough or sputum.

His short term memory seems to be more of a problem. He has forgotten the task he has been engaged in, and made errors in tasks.

He has had headaches (described as “light-headed”), when using his concrete saw and just afterwards. He has not had any blackouts, fits or other seizures. His vision is good, but the words can move around when he starts to read.

He has occasional dizziness and unsteadiness on his feet, mostly when walking, and cannot keep a straight line. This has been happening over the past 2 weeks or so.

***Past medical history***

Hypothyroid, on thyroxine. This was detected at blood donation, where he was also discovered to be anaemic.

He has consulted his GP about his present symptoms

He was electrocuted about 14 years ago, when he accidentally “nicked” a low voltage mains supply cable. He suffered from burns, and he was in intensive care for a time, but he was not unconscious.

### ***Family history.***

Nil of note

### ***Occupational history.***

Has worked for City Works, and Delta for 16 years.

Before that he was a bricklayer.

At present he is a general labourer. He tends to do the concrete cutting jobs. He uses a large and a small machine.

He does not have too many problems with the big saw.

When he uses the small saw, he is fairly close to the exhaust port. It runs on a 25:1 two stroke mix, and can be quite smoky. He feels tired when doing the job, and suffers from a slight headache about half of the time. He has done three indoor jobs, and all have had high levels of exhaust fume exposure.

### ***On examination.***

He looks well.

Pulse 84 145/85. HS 1 and 2 with an ejection systolic murmur at the apex.

Chest: there were a few faint basal crackles at both lung bases.

Nil else of note.

### ***Investigations:***

His own GP keeps an eye on his Thyroid status and his anemia.

I asked for a Chest X-ray, ECG and echocardiogram.

The CXR was normal. A copy of the Echocardiogram report is appended: he has mild mitral regurgitation, but good ventricular function.

I have sent him a form to get his bloods (FBC, U+E) checked again