

EATING DISORDERS

MEDICAL COMPLICATIONS OF ANOREXIA

HAIR

- thinning hair/ hair falling out
- fine hair grows on body (lanugo) for warmth

ENDOCRINE

- Delay onset of puberty
- Stunted growth
- Amenorrhea or irregular menstruation
- Impaired fertility
- Increased cortisol and stress hormone levels
- Abnormal thyroid function

SKIN

- Dry/cracked and easily bruised skin
- Poor circulation in body extremities such as fingers and toes
- Skin is slow to heal

KIDNEY

- Dehydration OR
- Low sodium in the blood due to over drinking water (Hyponatremia)
- Kidney failure
- Endema
- Hypokalemia, natremia, phosphatemia

BONES

- Reduced bone mass
- Weak, thin bones
- Bone pain
- Bone breakage
- Osteoporosis & Osteopenia

MOUTH

- Loss of teeth enamel
- Swollen salivary glands
- Difficulty swallowing (Dysphagia) due to weak muscles and chronic reflux

HEART

- Slowed heart rate (Bradycardia: slow heart rate - less than 60 beats/minute)
- or irregular heart beats
- Low blood pressure
- Fainting
- Dizziness

GUT

- Constipation
- Gastroparesis: Delayed gastric emptying
- Bloating
- Stomach acid burning
- Liver damage
- Nausea, fullness, bloating, gas and is a result of the loss of normal stomach peristalsis or movement
- Gastric IBS
- Pelvic Floor Dysfunction
- GERD: gastroesophageal chronic reflux

PANCREAS

- Inflammation in the pancreas as a result of malnutrition or re-feeding (pancreatitis)

METABOLISM

- Slowed metabolism
- Low blood sugar (Hypoglycemia)
- Fatigue
- Body salts are not balanced
- Low core body temperature/feeling cold

MUSCLES

- Weak muscles and joints
- Muscles shrink

