

Physical findings associated with eating disorders

Medical complications of restricting

Cardiovascular: Bradycardia, dysrhythmias including prolonged QTc (associated with electrolyte derangement and cardiomyopathy), orthostatic hypotension, syncope, dizziness, chest pain, edema, and low voltage on electrocardiogram

Gastrointestinal: Slowed transit/gastroparesis, constipation, bloating, early satiety, gastroesophageal reflux, relative hypercholesterolemia, abnormal liver function tests, hemorrhoids, rectal prolapse from straining with stools

Renal: Pre-renal azotemia, nephrolithiasis, polyuria due to inability to concentrate urine, hyponatremia, hypokalemia

Hematologic: Leukopenia, anemia of chronic disease, thrombocytopenia, pancytopenia

Endocrine: Euthyroid sick syndrome, amenorrhea/irregular menses, lack of libido, cold intolerance, osteopenia/osteoporosis, hot flashes

Neuropsychiatric: Weakness, hyporeflexia, Trousseau sign, cortical atrophy, seizures, learning disability (poor concentration, memory loss), sleep disorders (insomnia), psychosis (suicidal ideation/attempt), depression/anxiety/obsessive behavior

Skin: Dry and dull hair, dry skin, capillary fragility

Other: Superior mesenteric artery syndrome

Medical complications of purging

Cardiovascular: Same as in restricting

Fluids/electrolytes: Hypokalemia, hypochloremic metabolic alkalosis, dehydration, prerenal azotemia, hypocalcemia, hypomagnesemia

Gastrointestinal: Mallory-Weiss tears, hematemesis, atonic bowel with gastroparesis in those who abuse laxatives

Skin: Russell sign (calluses in knuckles)

Dental: Dental erosions on lingual/occlusal surfaces in those who vomit

Facial/salivary glands: Parotitis

Medical complications of bingeing

Gastrointestinal: Esophageal rupture, gastric rupture