

Eating disorder Information DSM-IV Diagnostic Criteria

- **Anorexia Nervosa**
- Refusal to maintain body weight above 85% IBW
- Intense fear of gaining weight
- Body Image disturbance or denial of seriousness of low eight
- Amenorrhea for 3 months
- Two Types: Restricting & Bingeing Eating/Purging
- **Bulimia Nervosa**
- Recurrent binge episodes (large amount w/loss of control)
- Recurrent use of inappropriate behaviors to prevent weight gain (vomiting, laxatives, exercise, diet pills)
- Both bingeing and purging occur, on average, 2 time weekly for 3 months
- Self-Evaluation unduly influenced by weight/shape
- Does not meet Criteria for anorexia
- Two types: Purging & Non Purging (exercise)
- **Eating Disorder NOS**
- Significant eating disorder that does not meet above criteria.

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Screening Questions

- When & What did you last eat? What did you eat today? (24 hour completed food/fluid intake)
- Do you purge? (ask about vomiting, laxatives, diet pills, diuretics, Ipecac syrup, prescription medications, exercise)
- When was the last time you used any of the above?
- Do you binge? What constitutes a binge for you?
- What is your exercise regimen?
- How tall are you? What do you weight?
- How often do you weigh yourself? What has your weight range been? Has anyone ever given you a hard time about hour weigh?

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Guidelines for PCP's in the Assessment of Eating disorders Physical Exam

- Weight & height in an exam room, not a public scale
- Undressed, empty bladder
- Measurements taken by provider
- Ideally a consistent scale
- Vital signs - temperature & orthostatic
- Full Physical

Laboratory Tests

- For all patients
- EKG
- CBC with Diff, Full Chemistry, amylase
- Full Thyroid Panel
- Urinalysis; specific gravity, sodium
- Bone Density
- Complete Metabolic Profile
- Serum Magnesium

● For patients w/ >15% below IBW

- Chest X-Ray
- Complement 3 (C3)
- 24 hr Creatinine Clearance
- Uric Acid
- Echocardiogram
- Bone Density Scan

Review of Symptoms

- Fatigue
- Sleep Disturbances
- Dizziness/Fainting
- Weakness
- Chest Pain
- Shortness of Breath
- Depression
- Anxiety
- Loss of muscle mass

- Cold Intolerance
- Frequent Urination
- Loss of Menses
- Broken Bones
- Bloating/Heartburn
- Constipated
- Diarrhea
- Puffy Cheeks
- Brittle hair/nails

Physical Findings

- **Anorexia Nervosa**
- Emaciated
- Bradycardic
- Hypotensive
- Hypothermic
- Lanugo Hair
- Carotenemia
- Hyperkeratosis
- Edema
- Anemia'
- Spontaneous Fractures

- **Bulimia Nervosa**
- Normal or Overweight
- Hypertensive
- Parotid Enlargement'
- Dental Erosions
- Scars on Knuckles of Hands
- Edema
- Extremity Weakness
- Esophagitis
- Electrolyte Imbalance
- Sore throat

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