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Anorexia nervosa

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Anorexia nervosa according to MCD-10 (F50.0) is an eating disorder, characterized by deliberate weight loss, which provoked and supported by patient. Anorexia can affect people of all ages, genders and races, but it begins during adolescence more often. The amount of ill people in Ukraine is 3-5 %, mostly females. 10-15% of such kind of patients are incurable.

The aim of this thesis is to make out practical case of anorexia nervosa, understand psychological and internal aspects of disease, risk factors, criteria of diagnosis, and to find out methods of healing it.

Subject of our research is 14 years old adolescence girl which was admitted to the hospital in extreme degree of cachexia: weight = 18 kg (proper – 46 kg), height – 151 cm, BMI – less than 10%, mass deficit > 40%. During the examination the patient was asthenized, sluggish. Was conscious. Muscle atrophy. Dystrophy of skeleton – narrow chest, narrow hips and pelvis. Distal limbs cold, earthy skin. Breathing is weakened, heart sounds rhythmic and muffled. Abdomen soft, "rumbles" upon palpation, painless. The liver and spleen are not palpable. Constipation. Polyuria. Secondary amenorrhea.

Clinical blood test – mild anemia; Urine specific gravity – 1004-1005; Blood chemistry - electrolyte disturbances, hypoproteinemia. Ultrasonography - splanchnomycria. Reproductive organs are correspond to 11 y.o. teen.

Results: during the examination of the patient and relying on the results of laboratory and instrumental tests were diagnosed : Severe protein and energy deficiency; Anorexia nervosa, atypical, cachectic stage; Chronic gastroduodenitis, a period of incomplete remission; Delayed sexual development, secondary amenorrhea; Secondary tubulopathy, isohypostenuria.

Conclusions: anorexia nervosa is very serious, difficult treated disease, which needs multidisciplinary therapy. Components of successful healing should be help of psychotherapist, motivation, recovery of eating behavior and moral values, co-working of gastroenterologist, nutritionist and other specialists. Treatment of Anorexia depends on diagnostics in time, acception correct therapeutical and tactical decisions, motivation our patient and his parents for carrying out qualitative treatment and rehabilitation.