

14th World Congress on
PSYCHIATRIC & MENTAL HEALTH NURSING
&
5th World Congress on
MENTAL HEALTH AND WELLBEING
July 25-26, 2018 | Vancouver, Canada

Complications related to binge eating and purging behaviors in patients with Eating Disorders (ED)

Gina Lladó Jordan
Universidad Isabel I, Burgos, Spain

Introduction. On physical examination, our patients with Eating Disorders (ED) may present fluctuations in weight, dehydration and mood changes. On the dermatological level, they may present pigmented and cracked skin and Russell's sign (in purging behaviors). Gastrointestinal or digestive tract complications are very common and diverse. Vomiting, as well as alterations in motility and gastric distension, can cause gastroesophageal reflux, achalasia, esophagitis, regurgitation, gastroparesis, constipation and anal fistula. In addition, after a binge episode they may have abdominal pain or discomfort with nausea and distension of the abdomen.

Objective. To evaluate the physical examination and blood test alterations in 169 girls diagnosed with ED, aged between 12 and 18 years old, attended at "Hospital Infantil Universitario Niño Jesús" of Madrid between 2013 and 2016.

Methods. The physical examination and blood tests were performed at the first visit due to suspicion of ED with binge eating and purging behaviors. The statistical study was assessed by contingency tables and Fisher's exact test. Significant differences for values of $p < 0.05$. Statistical package used: SPSS version 23. We studied 73 blood test variables.

Results. The physical alterations described are presented. Alterations related to binge eating and purging behaviors were: Increased levels of: Cholesterol, Triglycerides, insulin resistance, insulin, Prolactin and Testosterone. Decreased levels of: 25 Hydroxy vitamin D, Cortisol, T3, Leukocytes, hemoglobin.

Biography

Gina Lladó Jordan has completed her PhD at the age of 27 years in Universidad Europea de Madrid, Spain. She works as an investigator and teacher in *Universidad Isabel I, Burgos, Spain*. She has completed 5 masters related to various aspects of health sciences. She has directed 20 Final Degree Projects and participated in multiple studies and research groups. Her main line of research is Eating Disorders and Nutrition.

ginalladojordan@gmail.com

Notes: