

Eating Disorder Cases

Question: What is the likely diagnosis and potential risks (physical and mental)

Case 1

- Ms A, 20yrs old girl, weight 42Kg (6.6St), height 166cm (5.4ft), BMI15.2
- Distressed as feeling like a “whale” and intense fear to become fat
- Drinking 1 glass water and eating only 1 apple, 1 yogurt and 2 carrots a day

Started restricting food in adolescence, after comments that she was “chubby” or compliments after losing some weight (eg. after flu)

- Once a week, orders a pizza, eats half and after self induces vomiting (SIV)
- Exercising daily for 2 to 3 hours, although struggling recently as feeling tired and dizzy all the time
- Feeling anxious - constantly thinking about food and counting calories
- Banging head against wall at least once a day (to deal with distress and get “ride of AN voice in her head telling her to not eat and be strong”, “in control”)
- Isolating herself and not sure if can “go on”
- PH: Perfectionist, high achiever, good grades in the past

Always cooked for family but won't eat with them, “eating” in her room later

- Family Hx: controlling mother, absent father, younger siblings, weight/ED problems in family.
- Just got married and feeling pressure to become pregnant, but been unable so far (1yr)

Case 2

- Ms L, 44yrs old lady, weight 110Kg (17.3St), Height 175cm (5.7Ft), BMI 36
- 26 weeks gestation, just diagnosed with GDM, sugars continue poorly controlled despite medication prescribed that she says she is taking.
- Feeling worried about her baby, but feels she is doing all she can to control GDM
- However eventually admits about 1 -2 x a week, gets home and cant control herself and eats in about 1 hour: 2 pizzas, 2 tubes ice-cream, 3 big bags of crisps and 4 packs of biscuits that she bought on the way home

Eats after the rest of family is asleep, husband and 2 year old son

Feels very guilty, specially about her baby and ashamed afterwards

Promises herself it is the last time, but has been unable to keep the promise

Frequently does it after stressful day at work or if ate anything earlier that she feels he “shouldn’t have”

- Medical Hx: high BP and cholesterol, plus mobility problems
- Unable to exercise due to knee pain
- In the past – frequently low mood due to weight and at times feelings that there is nothing for her in life, “if I died would be blessing”, occasionally planned to end her life by jumping in front of a train.

Case 3-

- Ms B, 36yrs old, weight 52Kg (8.1St), height 166cm (5.4ft), BMI19.7
- Distressed and very low in mood - 14 weeks gestation, planned pregnancy. Biological Sx. Feeling ambivalente about pregnancy as already put on 5Kg (11 pounds).
- Said ‘I cannot cope with increase 1 more gram, I think of nothing but food all day and I feel so hungry’.

Drinking nothing all day and then has 3 glasses of water at night and eats 2 tubes ice-cream 500ml and 2 large cakes and 4 bars of chocolate, daily.

Said that after she feels very sick and vomits 4 x a week. Shoplifts food.

- Feeling too tired to exercise and previously use to exercise (cardio and running) 5 days a week
- Feeling anxious - constantly thinking about food and counting calories
- Previously had a ‘very health’ diet, never eats carbs or fat, mostly salads and low fat yogurt and milk.

Started eating like this since her late teens, as her mother felt she was too fat, and put her on a low-calorie diet.

- Thoughts of suicide as feels she cannot continue like this.
- Husband doesn't know of her struggles at present, she doesn't want him to know of her previous ED.

Case 4 –

- Ms F, 25yrs old lady, weight 62Kg (9.7St), Height 166cm (5.4Ft), BMI 23.5
- 22 weeks gestation, unplanned. Denied hx of MH problems at booking.
- Presented hospital feeling dizzy, with palpitations. Bloods showed low potassium and was sent to A&E for iv replacement
- Mood is up and down, frequently making superficial cuts in her thighs when more anxious and distressed about “problems with boyfriend”

- Not eating all day, which is long standing, but previously ate at night. Now feeling nausea all the time, can only eat liquid things eg. soups and drink water, after which it all comes up, denied SIV. Is losing weight and worried about baby being affected.
- Takes 20 laxative tablets every night – for chronic constipation
- Before pregnancy was drinking 1 to 3 bottles wine every 2 to 3 days
- Hx of childhood sexual abuse

Case 5

- Ms R, 39yo, Referred to PMHS antenatally, as very tearful and anxious saying she is not sure she can carry on with pregnancy, as felt too 'fat' and struggled to connect with baby she felt was cause of weight gain. Treated with psychological intervention, inc PIP.
- **Past Hx:** Long Hx of ED problems, BN with purging daily, since 20s. Always BMI 21-26. Never diagnosed of ED. Frequent GP attender, requesting investigations as always worried about her health and frequently thinking she had a serious illness like cancer. Nil other risks to self or others.
- **Review at 5 weeks PN:** was feeling reasonably well and exclusively breastfeeding which she felt was hard as baby was on the breast all the time but felt bonded. Some worries about baby's health and eating. Nil risks.
- **Review at 3 months PN:** had lost all pregnancy weight but expressed she felt still to heavy. Still exclusively breastfeeding, but worried that baby had drop 2 centiles in weight recently. HV and GP were investigating for reflux and food allergies. She was eating a restrictive diet for her baby's allergies. Sleep was poor. Anxiety high.
- **Review at 7 months PN:** presented very slim and tired, was 6Kg (1ST) lower than before pregnancy. BMI 17. Happy with her weight but feeling could lose little more. Purging 1-2 times a week when feels 'ate too much'. Nil bingeing. Still breastfeeding and weaned baby at 5/12, but worried about 'his allergies', so he is on 'a gluten and lactose free diet like her'. HV has concerns about baby's weight – referred to peds.