

PHYSICAL PROBLEMS/MEDICAL COMPLICATIONS

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ANOREXIA NERVOSA:

- Amenorrhea (loss of menstruation)
- Anemia
- Bingeing (side effect of starvation)
- Bloating
- Bowel bleeding and perforation (result of laxative use)
- Bruising easily
- Bradycardia (slow heart rate)
- Cardiac arrhythmia (irregular heartbeat)
- Cardiac arrest
- Cathartic Colon (result of laxative use)
- Constipation
- Decreased heart mass and chamber size
- Decreased metabolic rate
- Decreased testicular function
- Dehydration
- Delayed gastric emptying (causes person to feel bloated and full after only a small meal or even a few bites)
- Dental decay and/or discoloration
- Depressed immune system
- Dizziness
- Dry skin, brittle hair and nails
- Edema (water retention, most common in ankles or feet)
- Electrolyte imbalances (can lead to cardiac arrhythmia and death)
- Endocrine abnormalities

- Esophagitis (painful swelling of the esophagus due to vomiting)
- Fainting
- Hiatal Hernias (effect of vomiting)
- High cholesterol (effect of starvation, low cholesterol diet not usually necessary)
- Hyperactivity
- Hypoglycemia (low blood sugar)
- Increased risk of osteoporosis (bones lose density and fracture easily)
- Insomnia
- Ketosis (excessive accumulation of ketone bodies in the blood and urine indicative of the body digesting its fat stores as a sole source of energy. Can be quite dangerous)
- Kidney damage or failure (usually the result of dehydration often worsened by diuretic use)
- Lanugo (fine downy hair on the body)
- Liver damage (condition that is irreparable, e.g. nutritional hepatitis)
- Loss of hair on the head
- Low blood pressure
- Low body temperature (causes person to feel cold easily)
- Malabsorption syndrome (small intestine becomes ineffective at absorbing vitamins and minerals)
- Muscle cramps and weakness (usually caused by electrolyte imbalances)
- Pancreatitis (painful swelling of the pancreas evidenced by severe abdominal pain, distension and fever)
- Reduced intestinal motility (result of laxative use)
- Sensitivity to light and sound
- Yellow skin (hypercarotinaemia)

BULIMIA NERVOSA:

- Amenorrhea (loss of menstruation) and irregular menstruation (oligomenorrhea)
- Anemia

- Blistered esophagus
- Bloating due to gas
- Bowel infections (result of laxative or enema use)
- Bowel tumors
- Cardiac arrhythmia (heart beats too fast, too slow or lacks proper rhythm can lead to cardiac arrest and death)
- Cathartic Colon
- Constipation
- Decreased intestinal motility
- Dehydration
- Dental decay and or discoloration
- Diarrhea
- Dizziness
- Edema (water retention)
- Electrolyte imbalances (usually leads to cardiac arrhythmia)
- Endocrine abnormalities
- Esophageal tears (result of vomiting)
- Esophagitis (painful, swollen esophagus-result of vomiting)
- Gastric dilation and rupture
- Hiatal hernia
- Hypoglycemia (low blood sugar)
- Hair loss
- Kidney damage (result of dehydration and diuretic use)
- Liver damage (associated with ipecac use)
- Low blood pressure
- Malabsorption syndrome (small intestine becomes ineffective at absorbing vitamins and minerals)
- Malnutrition
- Metabolic abnormalities
- Pancreatitis (inflammation of the pancreas)
- Rectal burning/pain
- Salivary (especially the Parotids) gland enlargement and infection

COMPULSIVE OVEREATING:

- Arthritis
- Cardiac abnormalities and arrhythmia
- Diabetes
- Fatigue
- Gastric dilation and rupture
- Gastric Esophageal Reflux Disease (GERD)
- Hiatal Hernia
- High Cholesterol
- Hypertension
- Insomnia or sleep deprivation
- Mobility problems
- Sciatica
- Sleep apnea (related to obesity)
- Varicose veins

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