

## Interesting Cases

# Weight Loss in an Adolescent - Beyond Anorexia Nervosa

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## I N F O

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## A B S T R A C T

Anorexia nervosa (AN) is an eating disorder characterised by self-restriction of food intake fearing weight gain. This psychological disorder is diagnosed as per DSM-V criteria. However, this psychological disorder is known to coexist with medical conditions. Treatment of the associated medical condition is essential for the successful management of AN cases. Here, we present a case of Graves' disease coexisting with AN which was successfully managed with antithyroid medications and psychoeducation.

**Keywords:** Anorexia Nervosa, Graves' Disease, Adolescent

## Introduction

Adolescence is a period of tremendous psychosocial and emotional changes and is often associated with body image concerns. Eating disorders are common among them and are being readily diagnosed. Anorexia nervosa (AN) refers to a powerful fatal psychological eating disorder characterised by extreme reduction in amount of food eaten, acute panic of putting on weight and disfigured body shape.<sup>1</sup> It is important to identify medical disorders that mimic AN as misdiagnosis causes treatment delay, unnecessary medical costs, and potential complications. In this case report, we want to emphasise the fact that even after a diagnosis of an eating disorder like AN is made, we have to look beyond it. Recently we managed an adolescent who was diagnosed with AN based on DSM-V criteria. But

we looked beyond it and we could diagnose co-existing Graves' disease.

## Case Report

A 14-year-old adolescent girl had normal developmental features when she was brought with complaints of progressive decrease in appetite and weight for the past 3 months. She revealed no inherent symptoms. Her menses began 1 year ago but she was suffering from hypomenorrhea. She was ridiculed by her friends for her plump body which resulted in her obsession with her body shape and slowly her food intake decreased.

On examination, she was expressive as well as vigilant.

- Height - 155 cm (lower than 10th percentile)
- Weight - 30 kg (less than 3rd percentile)

# Beyond Anorexia

**Michael J. Norden**



## **Beyond Anorexia:**

**Beyond Anorexia** Catherine Garrett, 1998-10-13 *Beyond Anorexia* is a sociological exploration of how people recover from what medicine labels eating disorders and the first book to focus exclusively on recovery. Beginning with her own autobiography and drawing on conversations with over thirty other former sufferers, Catherine Garrett demonstrates that narrative is fundamental to social theory and to healing. Her central claim is that recovery is a spiritual experience reconnecting the self with body, nature, and society. She analyses spirituality and its relationship with formal religion along with its association with the ascetic rituals of eating disorders. Recovery is shown to be key to full understanding of anorexia and the processes associated with recovery are explored in terms of embodied spirituality. Using the anthropological theories of Durkheim and van Gennep and contemporary theories of the body, Catherine Garrett reveals some of the social sources of recovery, the solution which exist alongside the causes of the problem.

*Beyond Health Literacy* Tommi Hoikkala, Pekka Hakkarainen, Sofia Laine, 2005

*Beyond the Rose-colored Ribbon* Timothy McCajor Hall, 1998

**Beyond Illness** Larry Dossey, 1985

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**Book Review Index**, 2003 Vols 8-10 of the 1965-1984 master cumulation constitute a title index

*The British National Bibliography* Arthur James Wells, 2003

**Nephritis** Herman Elwyn, 1926

**Glasgow Medical Journal**, 1875

*The Glasgow Medical Journal*, 1875

**Beyond Words** Frederick Buechner, 2004-05-11 *Beyond Words* n 1 Terms or names that point to the realm of mystery and depth that lies beyond our ordinary experience. 2 The reality that is beyond even the power of beyond words to convey and that can be known only by experiencing it for yourself. A word a day to keep the demons at bay. This is how Frederick Buechner likes to describe this witty and incisive dictionary. A daily devotional from one of today's greatest spiritual writers. *Beyond Words* offers 366 entries from Buechner's three alphabet books: *Wishful Thinking*, *Peculiar Treasures*, and *Whistling in the Dark*, including a new Introduction and nineteen new entries. Providing definitions of both sacred and ordinary words as well as biblical characters, Buechner unabashedly brings his fresh perspective to words, concepts, and characters we thought we understood. This is a great introduction to Buechner's work as well as a library staple for those already well-versed in his writing. It is Buechner at his best. Whether readers find themselves tearful from a deeply moving insight or laughing out loud at an unexpected turn of phrase, they will always feel uplifted, illuminated, and enchanted by the wisdom of Frederick Buechner.

*Adolescent Care 2000 and Beyond* M. K. C. Nair, 2001

*Beyond Our Limits* Wendy Cooper, 1982

*Beyond Prozac* Michael J. Norden, 1996-09-27 Do you find that you don't handle stress well and are frequently irritable? Did you know the much-publicized low-fat, high-carbohydrate diet of recent years may actually be making you depressed and overweight? And what are the hidden dangers of sleep loss and irregular schedules? In *Beyond Prozac*, Dr. Michael Norden, a psychiatrist and pioneer in developing new applications of Prozac, explains how the toll of modern-day life has undermined our health and led to a national epidemic of depression, anxiety, and weight problems. But there is hope. Based on seven years of

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