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Topic: EPV09 - e-Poster 09: Eating Disorders

Anorexia Nervosa and Scurvy - a Case Report

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INTRODUCTION: Eating disorders with cutaneous manifestations are common, but scurvy is an extremely rare complication of anorexia nervosa. Human body is not able to produce vitamin C, so he must obtain it from dietary intake. Clinical manifestations occur after vitamin C has been eliminated from the diet for 2-3 months and when the body pool is below 350 mg.

OBJECTIVES: To report a clinical case of scurvy in a female patient with restricting type of anorexia nervosa and emphasize the risk of poor vitamin C intake in developing a disease that might have a fatal outcome.

METHODS: Case report and systematic review of literature.

Case Report: We report a clinical case of a 21 year-old woman with restricting type of anorexia nervosa, who developed ecchymosis and petechiae on the torso and legs, pedal edema, anemia normocytic normochromic and symptoms such as fatigue, weakness. The diagnosis of scurvy is usually based on clinical findings and dietary history, with therapeutic evidence as soon as vitamin C supplementation begins. After two weeks of treatment the cutaneous signs fully disappeared.

RESULTS: When scurvy is diagnosed early, the condition can be readily treated, so we should be aware of this disease in anorexia nervosa, so that we can intervene quickly and ameliorate the clinical status.

CONCLUSIONS: Although scurvy is regarded by many as a disease from the past we should be conscious of its existence in developed countries as a nutritional consequence of poor intake in anorexia nervosa.