

A CARLAT PSYCHIATRY
REFERENCE TABLE

| Serious Medical Complications of Anorexia | | |
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| Condition | Signs | Consequences |
| Hypoglycemia | Fasting glucose <70 mg/dL | Dizziness, confusion, seizures, loss of consciousness |
| Hypokalemia and hypomagnesemia | K <2.5 mmol/L | Cardiac arrhythmias, muscle weakness, rhabdomyolysis, respiratory failure |
| Hypophosphatemia | Phosphate <1 mg/dL | Associated with refeeding syndrome; can result in cardiac arrhythmias |
| Hypotension and bradycardia | Pulse <60 BPM, BP <90/60 | Syncope, falls, chest pain, and—in severe cases—cardiac arrest |
| Ipecac abuse | Dyspnea, fatigue | Heart failure, rhabdomyolysis |
| Severe dehydration | Dry mucous membranes, tachycardia, loss of skin turgor | Seizure, renal damage, coma |

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 by Chris Aiken, MD, and Garrett Rossi, MD
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