CASE STUDY 2 – Patient with Anorexia

A. Case Study

Mrs. Luisa is a 16-year-old female, single.

Conflicting family environment. During childhood, her mother called her "chubby" and was always compared to her young sister, who was thinner. Luisa's menstrual cycle started at age 12. During puberty, her body structure changed making him uncomfortable.

Around 14 years old, she measured about 1.56 meters and weighed 48 kg, but she felt fat. So, he decided to improve his diet, influenced by his mother. At first, she excluded all fats and sweets and went for a run every morning with her mother. Over time, it also excluded dairy products, cereals, meat, poultry, and fish, claiming that they were not healthy. Their diet became increasingly restrictive in terms of quantity and variety of foods. Currently, she only consumes foods that she prepares herself. It takes hours to prepare and eat meals and only eat during lunch and dinner.

She reports consuming a large amount of water (4L/day), as it helps to feel less hungry. Run for 1 hour every day in the morning before going to school and another 1 hour at night. Has brittle nails and hair, skin xerosis, and amenorrhea for at least 6 months. Your current BMI is 14.18 Kg/m2, being in the 3rd percentile, and you have hypercholesterolemia (Cholesterol= 210 mg/dL, RR. <200mg/dL)

B. Questions

1. *Identify at least 3 PES (Problem, Etiology and Signs/ Symptoms)*

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2. *Propose some nutritional recommendation to the patient (according to the proposed PES).*

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