

AN IMPACT OF EATING DISORDERS ON SKIN AND ITS APPENDAGES.

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Dermatologic associations of eating disorders have been observed and studied since the 1980s, but literature data considering their incidence and prevalence is scarce. The authors would like to present their own experience as well as highlights of the available publications regarding an influence of eating disorders on skin and its appendages.

In patients suffering from eating disorders skin manifestations may represent the consequence of starvation, vomiting, and various medications (i.e. laxatives or diuretics). So far, there have been over forty dermatological signs and symptoms described. The most common dermatological findings include: xerosis, cheilitis, bodily hypertrichosis, hair loss, dryness of the scalp, acral coldness, acrocyanosis, periungual erythema, gingival changes, nail changes, and calluses on the dorsum of the hand.

Eating disorders undoubtedly require a multidisciplinary approach. A special role of the dermatologist is to recognize early "hidden" symptoms of these disorders, particularly in patients who are willing to deny their disorder. On the other hand, an important part of the clinical practice is also to verify indications for the treatment of diseases or ailments that are excessively emphasized by patients, like the distorted perception of the appearance of the skin.