



## Silent Pericardial Effusions in Adolescent Girls with Anorexia Nervosa.

**Martine K.F. Docx**

*Department of Paediatrics Queen Paola Children's Hospital Antwerp*

### Abstract:

**Aim:** To evaluate cardiac, biochemical and endocrine differences between female anorexic adolescents with and without silent pericardial effusions. We studied 128 female adolescents (9.8 - 17.7 years) with anorexia nervosa (AN) diagnosed according to DSM-IV criteria Statistical analysis

Adolescents were divided in groups according to the level of pericardial effusion ((group 1:  $\leq$

3 millimeters ; group 2: 3 millimeters - 8 millimeters and group 3:  $>$  8 millimeters). Characteristics were presented by their mean  $\pm$  standard deviation.

Data were tested for normality by Kolmogorov-Smirnov test.

As normality could be assumed for all characteristics; groups were compared by independent student-t-test (when comparing two groups :group 1 versus group 2+ 3 combined) and one- way analysis of variance (ANOVA) with least significant differences (LSD) post hoc comparison tests (when comparing 3 groups).

We also analysed the influence of different characteristics on the actual measurement of pericardial effusion. The independent contribution of potential risk factors on the logarithm of pericardial effusion was then assessed by multiple linear regression analysis.

### Results

29 patients ( 22.2% ) were diagnosed with a pericardial effusion ( $\leq$  0.35 cm-2.5 cm).

After 3 months refeeding , the effusions disappeared in 18/29 patients while in 7/29 patients a pericardial effusion above 0.3 cm persisted.

4/29 patients discontinued their therapy and were lost to follow-up.



### Conclusion

Pericardial effusions occur relatively frequently in anorexic youngsters.

Risk factors: BMI  $\leq$  13,5 kg/m<sup>2</sup>, weight loss  $\leq$  25% and IGF-1  $\leq$ 100 ng/ml..

### Biography:

Dr. Martine Docx, Working on Department of Chronic Paediatric Diseases and Eating Disorders Chronic disease in children especially hypertension, nephrology and eating disorders Queen Paola Children's Hospital Antwerp Belgium.

### Publication of speakers:

1. Anicteric hepatitis and arthralgia: two unusual presentations of Mycoplasma pneumoniae in children.
2. Een atypische presentatie van een hoogbegaafd patiëntje met pica
3. ADPedKD: A Global Online Platform on the Management of Children With ADPKD
4. Pediatric Scarless Endoscopic Sleeve Gastroplasty in ZNA Antwerp: Short-term results. AIM & METH-ODS
5. Infantile Digital Fibromatosis: A Rare Benign Fibroproliferative Tumor in Early Childhood.

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