Anorexia nervosa and pancreatic ascites

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Summary: Acute alcoholic pancreatitis was undiagnosed in a patient with anorexia nervosa who subsequently developed pancreatic ascites and oedema, wrongly attributed to protein malnutrition alone. She became hyperphagic in an attempt to reverse the malnutrition and hence the abdominal swelling, indicating that the goal of attaining a thin shape was the major determinant of the eating disorder in this patient.
Measurement of ascitic fluid amylase concentration should be carried out in all patients with unexplained ascites.

Introduction

The disturbance of body image and desire to maintain a thin body shape is characteristic of anorexia nervosa. That the eating pattern is entirely governed by this goal was demonstrated in a patient who began to eat voraciously once she became convinced that this would reverse ascites which was later found to be due to alcoholic pancreatitis with a pseudocyst.

Case report

A 24 year old woman of Latvian parents had, during an unhappy adolescence, developed a habit of frequent fasting. She was obsessed with keeping thin and on leaving school worked as a barmaid. She had not menstruated for 18 months, the menarche having been at age 13. She lived with a close female friend with whom she shared a binge-fast eating pattern. They made excursions together to parties where they would both indulge in casual heterosexual activity and return home together to share a food binge. She felt rejected when the friend developed a permanent heterosexual relationship and she herself went on an alcoholic binge which was followed two days later by moderate abdominal pain for which she did not seek medical advice. Six weeks later she developed swelling of the abdomen and feet. She had a striking appearance being tall (176 cm) having long, thin limbs and a face heavily made-up to further accentuate its thinness in stark contrast with the protruberant abdomen.

There was gross oedema of the legs, vulva and lower trunk and a tense ascites, body weight 61 kg. Investigations revealed macroglossy, hyponatraemia and hypoalbuminaemia. Alkaline phosphatase and glutamyl transpeptidase were normal. Ultrasound examination of the abdomen showed only ascites, though the pancreas was not visualized. Clear ascitic fluid was aspirated which was sterile on culture and guinea-pig inoculation and which had a total protein concentration of 20 g/l. Laparoscopy, peritoneal biopsy and liver biopsy showed non-specific inflammation only.

The ascites was attributed to the hypoalbuminaemia secondary to severe malnutrition. The patient was told that reversal of the ascites was therefore dependent upon her eating a large amount of food. She began to eat voraciously and took an average of 3,100 calories per day but the ascites was not decreased by this or by spironolactone (200 mg/day) and a restricted sodium intake (200 mmol/day). Her weight was unchanged by this.

A second abdominal ultrasound examination, 6 months after her initial presentation, revealed the presence of an 11.5 cm diameter cyst in the left hypochondrium; the gallbladder was normal. The ascitic fluid had a high amylase content (1,500 U/l) and plasma amylase was also raised at 980 U/l (normal 330 U/l). As soon as the patient realized that the ascites and the resulting abdominal protruberance were not due to anorexia nervosa she discharged herself from hospital and reverted to her previous eating pattern. The ascites persisted but 3 weeks later she agreed to have the cyst aspirated. The ascites and oedema slowly decreased and she reached an oedema-free weight of 52 kg which she maintained despite continuing in an abnormal eating pattern and retaining her gaunt appearance. The pancreas appeared to

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Accepted: 3 July 1986

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have recovered in that she had a normal bowel habit with no suggestion of steatorrhoea. Her blood sugar was within the normal range. One year after her initial presentation she presented with epigastric pain. Her weight was 52 kg and scanty menstruation was occurring. On ultrasonography she was found to have a pseudocyst in the tail of the pancreas and three small gallstones in the gallbladder. She refused cholecystectomy and defaulted from follow-up.

**Comment**

The psychopathology of anorexia nervosa is widely debated (Herzog, 1985) but the characteristic eating behaviour, with fasting and food binging, is typically associated with a disturbance of body image and preoccupation with being thin (Garfinkel & Garner, 1983; Herzog, 1985). The importance of the goal of thinness in determining the eating behaviour was highlighted in this patient whose food avoidance was reversed once she became convinced that by eating more she would regain her thin shape. Alternatively, she may have begun eating simply with the intention of recovering her health, although this goal for most anorectics is not usually attractive enough to induce eating normally. She once again reverted to fasting and binging when the true aetiology of her ascites became apparent.

Despite profound wasting, the anorectic patient is very rarely hypoprothaemic and although oedema may be present in 20% at the time of presentation (Silverman, 1983), ascites never occurs in uncomplicated anorexia nervosa. There is an association of pancreatic disease with anorexia nervosa (Cox et al., 1983) and frequently these patients also abuse alcohol. Malnutrition and alcohol may be synergistic in producing pancreatitis. It is possible that this patient may have had tiny gallstones at the time of her acute episode despite the normal appearance of the gallbladder.

Chronic pancreatic ascites is a rare complication of pancreatitis usually occurring in association with a pseudocyst. The mechanism of fluid accumulation is presumed to be both transudation of pancreatic fluid through the cyst wall and stimulation of peritoneal secretion by the activated enzymes in the peritoneal cavity. This active secretion of fluid presumably accounts for the resistance of a pancreatic ascites to diuretic treatment as seen in this patient. Measurement of peritoneal amylase and an ultrasound examination of the pancreas (Edell, 1979) should be carried out in all cases of ascites of obscure origin to avoid the delay in diagnosis which occurred in this case. Ultrasound-guided needle aspiration (Barkin et al., 1981) may be employed as a safe and effective method of treatment of pancreatic pseudocysts.

**References**


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Postgrad Med J 1986 62: 1151-1152
doi: 10.1136/pgmj.62.734.1151

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