

## NEUROPSYCHIATRIC DISORDERS

## EATING DISORDERS

ANOREXIA	BULIMIA
<ul style="list-style-type: none"> <li>• Under minimal body weight</li> <li>• Fear of being fat, frequent starving</li> <li>• Depressed, social withdrawal</li> <li>• Insomnia, ↓libido</li> <li>• Self-induced vomiting</li> <li>• Excessive exercise</li> <li>• Diuretics, amenorrhea</li> <li>• ↑Cotisol, serotonin, growth hormone, corticotropin-releasing factor</li> <li>• ↓LH, FSH, TSH</li> <li>• Bradycardia, hypotension, arrhythmias</li> <li>• Dry skin, dental caries, anemia, osteoporosis</li> <li>• Lab-hypokalemia, ↑BUN, metabolic alkalosis</li> </ul>	<ul style="list-style-type: none"> <li>• Binge eating</li> <li>• Self-induced vomiting</li> <li>• Laxatives, diuretics</li> <li>• Excessive exercise</li> <li>• Overeating alternating with period of starvation</li> <li>• Fear of fatness</li> <li>• May be obese</li> <li>• Erosion of dental enamel</li> <li>• Seizures</li> <li>• Weakness &amp; fatigue</li> <li>• Lab-metabolic acidosis, ↓amylase, hypokalemia, hypomagnesia</li> </ul>

## SUBSTANCE ABUSE

## RISKS ASSOCIATED WITH SUBSTANCE ABUSE

	RISKS	EAR Acu.										
TOBACCO	<ul style="list-style-type: none"> <li>• CVD, PVD, COPD</li> <li>• Tobacco amblyopia</li> <li>• Carcinoma of mouth</li> <li>• Lung cancer</li> <li>• Peptic ulcer</li> <li>• Small babies; obstetric or fertility problems</li> <li>• ↑Risk of bladder cancer</li> <li>• ↑Risk of kidney cancer</li> </ul>	<ul style="list-style-type: none"> <li>• ↑Risk of breast cancer</li> <li>• ↑Risk of cervical cancer (♀)</li> <li>• Addiction</li> <li>• Poor recovery from LBP, Sx</li> <li>• Impaired insulin absorption</li> <li>• Premature aging</li> <li>• Children of smokers = ↑Respiratory px, ↑ear infections &amp; ↑risk of fires</li> </ul>	<ul style="list-style-type: none"> <li>• Nicotine point</li> <li>• Lung 1</li> <li>• Lung 2</li> <li>• Point Zero</li> <li>• Shen Men</li> <li>• Autonomic pt.</li> <li>• Brain</li> </ul>									
CAFFEINE	<ul style="list-style-type: none"> <li>• ↑Blood sugar, ↑blood fats, ↑BP</li> <li>• Stimulates CNS: tremors, irritability, nervousness</li> <li>• Irregular heart beat</li> <li>• ↑Stomach acid secretion</li> </ul>	<ul style="list-style-type: none"> <li>• ↑Urinary Ca<sup>++</sup> &amp; MG<sup>++</sup> losses (↓bone mineralization)</li> <li>• Disrupted sleep patterns: anxiety &amp; depression</li> <li>• ↑Symptoms of PMS</li> </ul>	<ul style="list-style-type: none"> <li>• Heart</li> <li>• Stomach</li> <li>• Point Zero</li> <li>• Shen Men</li> <li>• Autonomic pt.</li> <li>• Brain</li> </ul>									
ALCOHOL	<ul style="list-style-type: none"> <li>• Alcoholic dementia</li> <li>• Subdural hematoma from falls</li> <li>• Convulsions from withdrawal</li> <li>• Delirium tremens</li> <li>• Cardiomyopathy</li> <li>• Hypertension</li> </ul>	<ul style="list-style-type: none"> <li>• Hepatic cirrhosis</li> <li>• Pancreatitis</li> <li>• Dupuytren's contracture</li> <li>• Myopathy</li> <li>• Peripheral neuropathy</li> </ul>	<ul style="list-style-type: none"> <li>• Alcoholic point</li> <li>• Liver</li> <li>• Lung 2</li> <li>• Brain</li> <li>• Point Zero</li> <li>• Shen Men</li> <li>• Occiput</li> </ul>									
OBESITY	<ul style="list-style-type: none"> <li>• Arteriosclerosis, hypertension, CVA &amp; MI</li> <li>• Sleep apnea</li> <li>• Hypoventilation &amp; exertional breathlessness</li> <li>• Gallstones</li> <li>• Diabetes</li> </ul>	<ul style="list-style-type: none"> <li>• Reflux</li> <li>• OA</li> <li>• Abdominal striae &amp; varicose veins</li> <li>• Impaired fertility</li> <li>• Dependent edema</li> </ul>	<ul style="list-style-type: none"> <li>• Appetite Control</li> <li>• Mouth</li> <li>• Stomach</li> <li>• Small Intestine</li> <li>• Shen Men</li> </ul>									
$\text{BMI (Body Mass Index)} = \frac{\text{Weight (kg)}}{\text{Height}^2 (\text{m}^2)}$												
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;">&lt; 18</td> <td style="text-align: center;">18-25</td> <td style="text-align: center;">26-29</td> <td style="text-align: center;">30-39</td> <td style="text-align: center;">&gt; 40</td> </tr> <tr> <td style="text-align: center;">Underweight</td> <td style="text-align: center;">Normal</td> <td style="text-align: center;">Overweight</td> <td style="text-align: center;">Obese</td> <td style="text-align: center;">Morbid obesity</td> </tr> </table>			< 18	18-25	26-29	30-39	> 40	Underweight	Normal	Overweight	Obese	Morbid obesity
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