Abstract

Objective: The aim of this study was to explore the lipid profile in patients with anorexia nervosa (AN), and the changes with refeeding. Methods: The sample comprised 102 AN outpatients (mean age 22.32 ± 3.17). Blood tests, after 12-hour overnight fast, were performed before refeeding (M 0 ) and after weight restoration (M 1 ). Total cholesterol (TC), highdensity lipoproteins (HDL), lowdensity lipoproteins (LDL) and triglycerides (TRG) were determined and the following cardiovascular risk markers were calculated: LDL/HDL and TC/HDL ratios. These cutoff points were considered: TC < 200 mg/dl; HDL > 40 mg/dl; LDL < 100 mg/dl and TRG < 150 mg/dl. Results: The time leading to weight restoration was 8.16 ± 7.35 months. Considering patients with scores higher and lower than the corresponding cutoff points, 2 -test revealed a significant difference (M 0 -M 1 ) in case of TC (p < 0.05) as well as between LDL/HDL 0 and LDL/HDL 1 (p < 0.05) and between TC/HDL 0 and TC/HDL 1 (p < 0.01). Significant differences were found between HDL 0 and HDL 1 (p < 0.01) and between TRG 0 and TRG 1 (p < 0.01). Significant and negative associations between BMI 0 and TC 0 (r = -0.331; p < 0.05) and between TRG 0 and HDL 0 (r = -0.387; p < 0.05) were found. The association between TRG 1 and LDL 1 was significant and positive. Discussion: Weight restoration tends to decrease the TC/HDL and LDL/HDL ratios despite a considerable percentage of patients maintain scores on the different variables of the lipid profile usually considered at risk.

Keywords