

Superior mesenteric artery syndrome in an adolescent female with anorexia nervosa

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ABSTRACT

Introduction: Superior mesenteric artery (SMA) syndrome is a rare complication of restrictive eating disorder, characterized by compression of the third duodenum between the aorta and the superior mesenteric artery. **Case Description:** We report a case of a female adolescent with anorexia nervosa, complicated by SMA syndrome. A 15 year old Chinese girl with underlying major depressive disorder and obsessive-compulsive disorder, presented with primary amenorrhea and restrictive eating which fulfils the DSM V criteria for Anorexia Nervosa. Her weight on admission was 27.4kg with a BMI of 11.7 kg/m². She experienced sudden abdominal distension with no bowel opening for two days. Fluoroscopy studies showed signs of SMA syndrome, i.e. delayed progression of contrast in D3 duodenum. Refeeding of milk was commenced with perfusor feeding for weight restoration via the insertion of a Naso-jejunal tube (NJ tube). NJ tube was removed after six weeks. Repeated ultrasound of the abdomen showed good angle between SMA and duodenum. Patient recovered well and has attained menarche. **Discussion:** Awareness of the association between SMA and anorexia nervosa can help healthcare providers to remain vigilant of its clinical presentation to establish a diagnosis and provide timely intervention.