

The Effects of a Physiotherapeutic Scheme in the Treatment of the Anxiety Disorders and Anorexia Nervosa in a Teenage Girl with Type 1 Diabetes Mellitus

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Type 1 Diabetes mellitus (T1DM) is a chronic disease that can affect the physical and mental health of children and adolescents, often leading to anxiety disorders with chronic activation of hypothalamic axis (HPA). Moreover, a great proportion of adolescents with T1DM also demonstrate anorexia nervosa (AN). Here, it is describing the first case of a patient diagnosed with T1DM, anxiety disorder (AD), AN and menstrual disorders. A 14-year-old girl with T1DM from the age of 12 years, presented weight loss at age 13 3/12 years and low body mass index (BMI), which did not improve, despite the dietary recommendations and adequate disease control. Additionally, she presented menstrual disorders at the age of 12 11/12 (menstrual age 12 1/12). The purpose was to evaluate the effectiveness of a stress management program in the teenage girl with mental and physical disorders. A psychological evaluation of the teenager was conducted, using a semi-structured interview that assess perceived stress, health status, quality of life and depression. AD and AN were diagnosed. Then, the patient initiated an intervention focusing on psychological health, nutrition and incorporated physiotherapeutic relaxation sessions and breathing exercises. After 3 months of intervention the patient's BMI was ameliorated and a normal menstrual cycle was apparent. These results remain consistent until today. Stress leads to appearance of AN and menstrual disorders. Therefore, physiotherapeutic programs could reduce stress and effectively restore AN, AD and menstrual disorders.

Keywords: Anorexia Nervosa; Anxiety Disorder; Physiotherapy; breathing exercise; diet.

