

Body System	Symptom(s)
Integumentary	Calluses on dominant hand (also known as Russell sign)
HEENT	• Dental erosions • Trauma to the oral mucosa (pharynx, soft palate) • Subconjunctival hemorrhage • Recurrent epistaxis • Pharyngitis • Parotid gland hypertrophy (sialadenosis)
Gastrointestinal (GI)	Upper GI symptoms (seen more in those who purge) • Gastrointestinal reflux • Barrett's esophagus • Esophageal adenocarcinoma Lower GI symptoms (seen more in those who abuse stimulant laxatives) • Colonic inertia (the inability to pass stool from the colon) • Black stool • Rectal prolapse
Cardiac	• Arrhythmias • QT prolongation • Cardiomyopathy • Palpitations
Pulmonary	• Aspiration pneumonia • Pneumomediastinum (air in the space between the two lungs)
Metabolic/electrolyte	• Hypokalemia • Hypochloremia • Metabolic alkalosis • Metabolic acidosis • Hyponatremia
Endocrine	• Irregular menses

Table 20.3 Symptoms of Bulimia (Nitsch et al., 2021)