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Update on zinc supplementation in the treatment of anorexia nervosa

Atualização em suplementação com zinco no tratamento da anorexia nervosa

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This section is composed by questions related to de section Guidelines in focus, published in RAMB 59(4).

Questions

Each of the questions or incomplete statements is followed by four suggested answer or completions. Select the one that is best in each case.

- Is there an association between zinc levels in the body and AN?
 - In AN, serum zinc is increased and urinary zinc is normal.
 - In AN, serum zinc is normal and urinary zinc is normal.
 - In AN, serum zinc is decreased and urinary zinc is normal.
 - In AN, serum zinc is decreased and urinary zinc is decreased.
- How can zinc levels influence the nutritional status in patients with AN?
 - By influencing mechanisms of perception of taste and smell.
 - By influencing weight loss.
 - By temporarily increasing appetite
 - By reducing the vomiting episodes.
- Is zinc supplementation indicated in patients with AN?
 - Supplementation results in increase of vomiting episodes.
 - Supplementation brings benefits regardless of dietetic treatment.

- Supplementation increases BMI by two-fold.
 - Supplementation competes with the psychological treatment.
- Is there any contraindication to zinc supplementation in patients with AN?
 - In patients with BMI \leq 24.
 - In patients with associated psychiatric comorbidities.
 - In patients with associated neurological diseases.
 - There is no contraindication.
 - What is the dose for oral supplementation with zinc?
 - Maximum dose of 14 mg of elementary zinc a day.
 - Doses between 15 mg and 20 mg a day, for two months.
 - Minimum dose of 60 mg, twice a day.
 - Elementary zinc, for a maximum period of one week, at a dose of 150 mg a day.

Reference

Bernardo WM, Coelho AM, Moura Freitas CMB, Souza CA, Bendit I, Pagnamo KBB, et al. Atualização em leucemia mieloide crônica. *Assoc Med Bras.* 2013;59(4):325.

Answers

- A
- B
- D
- C
- B

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