



## Enamel Erosion

### Eroding Teeth

Enamel erosion is a key characteristic of bulimia nervosa. This occurs due to the acidic emesis eroding tooth enamel.

## Russell's Sign

### Rusted Knuckles

Due to self-induced vomiting, patients with bulimia nervosa may present with calluses, lacerations, or scars on their hands (dorsum or anterior side) and fingers. This characteristic is referred to as Russell's sign.

## Diagnosis

### Once Weekly For 3 Months

#### (1) Wand and Week-calendar with (3) Tree Month-moon

To diagnose bulimia nervosa, the patient must engage in at least one episode of bingeing and purging per week according to the DSM V.