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0521546621 - Medical Management of Eating Disorders: A Practical Handbook for Health Care Professionals

C. Laird Birmingham and Pierre J. V. Beumont

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Medical Management of Eating Disorders

A Practical Handbook for Health Care Professionals

This is a practical guide to the medical complications and treatment of anorexia nervosa and related eating disorders. A user-friendly structure allows the reader to access information on the basis of physical complaint (e.g. chest pain) or body system (e.g. neurological or respiratory). Practical guidance is provided on history taking, physical and laboratory examinations, and looking after special categories of patients, such as prepubertal patients, males, adolescents, and pregnant females. The principles and practice of treatment are covered fully, including medical and nutritional therapies. Psychiatric and psychological issues are also addressed, and details of specific psychological therapies are provided. The text is supplemented with diagnostic color photographs of important physical manifestations of eating disorders. Although the text is suitable for all health care professionals looking after these patients, special information is provided for general practitioners, nursing staff, family carers, and the patients themselves.

LAIRD BIRMINGHAM is Professor of Psychiatry at the University of British Columbia, Canada, where he is also an associate member of the Departments of Medicine, Health Care and Epidemiology, and Pharmacology and Clinical Therapeutics. He was Director of the Division of General Internal Medicine at St Paul's Hospital from 1983 until 2000. He is Medical Director of the Eating Disorders Program and leader of the BC Eating Disorder Epidemiology Project in the Center for Health Evaluation and Outcome Sciences as well as British Columbia Provincial Director for Eating Disorders. He has worked in the area of anorexia nervosa and other eating disorders for over 20 years. He has published 70 refereed articles in scientific journals, written seven invited chapters or commissioned articles, and edited four books.

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A Practical Handbook for Health Care Professionals

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This book is dedicated to the memory of Professor Peter Beumont, who died
October 1, 2003. He was a wonderful husband, father, grandfather,
psychiatrist, academic, and thinker. He will be greatly missed.

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Abbreviations

AN	anorexia nervosa
APA	American Psychiatric Association
BMI	body mass index (the weight in kilograms divided by the square of the height in meters)
BN	bulimia nervosa
CT	computed tomography
DEXA	dual X-ray absorptiometry
DSM	<i>Diagnostic and Statistical Manual</i>
EDNOS	eating disorder not otherwise specified
folate	folic acid
ICD	<i>International Classification of Diseases</i>
JVP	jugular venous pressure
MRI	magnetic resonance imaging
PMN	polymorphonuclear leukocyte
QT interval	the time the ventricles (large chambers of the heart) take to recharge
QTc	the QT interval corrected to the patient's heart rate
RBC	red blood cell
TBF	total body fat
WBC	white blood cell
WHO	World Health Organization