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.

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1. Eating disorders 2. Eating disorders – Complications

Every effort has been made in preparing this book to provide accurate and up-to-date information that is in accord with accepted standards and practice at the time of publication. Nevertheless, the authors, editors and publisher can make no warranties that the information contained herein is totally free from error, not least because clinical standards are constantly changing through research and regulation. The authors, editors and publisher therefore disclaim all liability for direct or consequential damages resulting from the use of material contained in this book. Readers are strongly advised to pay careful attention to information provided by the manufacturer of any drugs or equipment that they plan to use.
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

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