



Medical Management of Eating Disorders: A Practical Handbook for Healthcare Professionals

Laird Birmingham

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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 examination, and looking after special categories of patients such as prepubertal, males, adolescents, and during pregnancy. The principles and practice of treatment are fully covered including medical and nutritional therapies. Psychiatric and psychological issues are also addressed and provide details of specific psychological therapies. The text is supplemented with diagnostic colour 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 and family carers and including the patients themselves.

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