Diagnosis: Eating Disorders

Criteria:

**Anorexia Nervosa**
- <85% IBW
- Intense fear of gaining weight
- Disturbance in body image
- Loss of 3 periods
- Modifiers
  - Restricting
  - Binge/purge

**Bulimia Nervosa**
- Episodes of binge eating (2 hours and sense of lack of control)
- Recurrent inappropriate compensatory behavior to prevent weight gain (vomiting, diuretics, enemas, laxatives, exercise or fasting)
- Modifiers
  - Purging
  - Nonpurging

Epidemiology:
- AN: 10:1 female: male
- 1% incidence of adolescent girls
- Onset in teenage years
- 30% of AN have BN
- BN: 3:1 female: male

Etiology: Heterogeneous

**Biological:**

**Psychological:**
- AN: poor sexual adjustment, delayed psychosocial sexual development, rigid, associated depression and OCD
- BN: over response to societal pressures for thinness

Differential Diagnosis:

**Medical:**
- AN: medical illness with weight loss (cancer)
- BN: epilepsy,

**Psychiatric:**
- AN: depressive d/o, somatization, Psychotic d/o
- BN: BPD, depression, anxiety d/o, Impulse control disorder, AN

Work-up:
- Electrolytes
- Weight
EKG
Nutritional assessment (albumin, cholesterol, carotene)
R/O malignancy
Thyroid

Treatment:

Bio:
AN: inpatient vs outpatient  BN: antidepressants, nutritional, (primary focus nutritional) dental, esophagitis
threshold 20-30% below IBW

Psycho:
AN: CBT, IPT, family  BN: CBT gradual behavioral changes (eating, purging, weight)

Social:
AN: psychoeducation, OA  BN: psychoeducation, OA

Prognosis:
Chronic and variable depending on severity
Better prognosis in AN associated with:
Feeling of hunger
Less denial
Improved self esteem
Better prognosis in BN associated with:
Level of severity