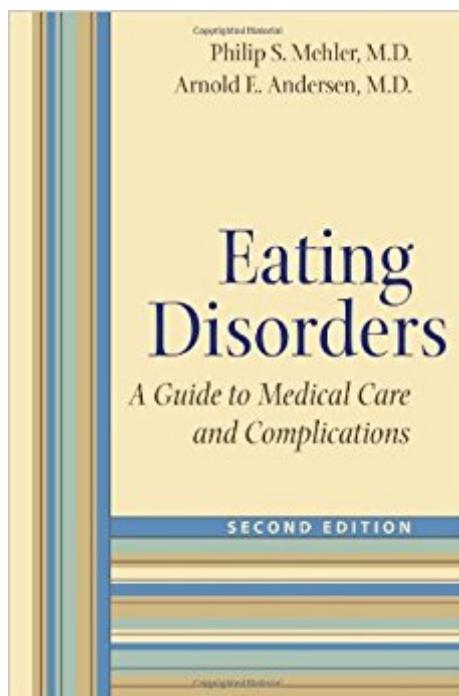


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# Eating Disorders: A Guide To Medical Care And Complications



## **Synopsis**

Eating disorders present diagnostic and treatment challenges to clinicians. While such disorders need both medical and psychological treatment, patients may be too medically ill for a thorough psychiatric evaluation and may be misunderstood by many primary care physicians. In this revised and updated edition of *Eating Disorders*, Philip S. Mehler and Arnold E. Andersen provide a user-friendly and comprehensive guide for primary care physicians, mental health professionals, and others who encounter individuals with the problem. Mehler and Andersen identify common medical complications that people who have eating disorders face and answer questions about how to treat them. They also cover such serious complications as osteoporosis, cardiac arrhythmia, electrolyte abnormalities, immune compromise, and gastrointestinal sequelae. Incorporating case studies, medical background on the complications, suggestions for diagnosis and treatment, and a list of selected references, chapters cover important topics including team treatment and nutritional rehabilitation. The authors also address special areas of concern, such as athletes who have eating disorders and the pharmacologic treatment of obesity. Mehler and Andersen encourage close medical follow-up for patients who have eating disorders. This book will help primary care and mental health professionals to understand and to more effectively address the complex concerns of patients with eating disorders.

## **Book Information**

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## **Customer Reviews**

"A winner." (Midwest Book Review) "This book accomplishes the difficult task of merging psychiatric

and medical diagnostic and treatment considerations." (Doody's Review Service)

"An excellent guide to the medical issues connected with eating disorders." (Psychiatric Services)"This book provides useful and practical information to practitioners who are new to the care of patients with eating disorders while serving as a reference for those with more experience." (Annals of Internal Medicine)

5 stars

Great book on the clinical complications and medical treatment of eating disorders. I would have to say after reading the whole book, I am disappointed that the authors not only have inconsistencies in spelling Dietitian (they sometimes spell it "dietician"), but also in not listing them in important roles that RDs do. While M.D.'s legally can Rx nutrition, I have not met one yet that knows more than the RD on the team about nutrition, not do they often have the best way of educating the patient, even if they were to have enough time to do so. MDs, please let the Registered Dietitian do their uniquely qualified job as the nutrition expert.Otherwise fantastic book! I reference it a lot in my practice.

The standard for medical management of ED.

Philip S. Mehler, MD and Arnold E. Andersen, MD's EATING DISORDERS: A GUIDE TO MEDICAL CARE AND COMPLICATIONS appears in its second updated edition to cover the special challenges eating disorders impart to clinicians treating them. Both physical and mental health are considered in this identification of common medical complications and their treatment. Case studies and treatment options supplement a resource list and chapters on nutritional rehabilitation.

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