



Anorexia Nervosa: An Integrated approach

Consistent increase

Anorexia Nervosa is characterized by:

- ✦ Weight loss
- ✦ Preoccupation with body weight and food
- ✦ Peculiar pattern of handling food
- ✦ Intense fear of gaining weight
- ✦ Disturbance of body image
- ✦ Amenorrhea
- ✦ Self-induced vomiting, self-induced purging, excessive exercise
- ✦ Use of appetite suppressants or diuretics

Western civilization disorder

✦ Onset puberty

✦ Prevalence 5%

✦ 90% female


✦ High socioeconomic classes

✦ Certain professions-Models

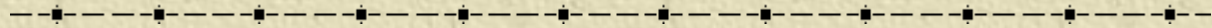
Dancers

Actors

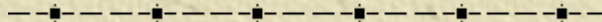
Athletes




Specific cause and
pathogenesis is unknown

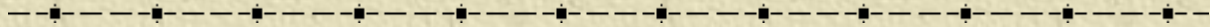


Multidimensional model

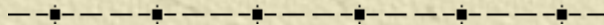




Sociocultural factors are key in etiology



Cummins LH et al, 2005





Familial Occurrence

Holliday J et al, 2006

Psychiatric Co morbidity

- ✦ Depression
- ✦ Personality Disorder
- ✦ Obsessive-compulsive disorder
- ✦ Social phobia
- ✦ Panic disorder

Woodside BD et al, 2006

Psychiatric Co morbidity implicated in:

✦ Onset

✦ Symptomatic
expression

✦ Maintenance

✦ Management

✦ Prognosis

✦ Quality of life

Cassin SE et al, 2005



Prognosis

- ✦ 15-20% die
- ✦ 25% remain chronically ill
- ✦ 40% recover
- ✦ 15-20% function well with mild symptomatology

Prognostic Factors

- ✦ Age of onset
- ✦ Previous hospitalization
- ✦ Purging behaviors
- ✦ Parental conflict
- ✦ Degree of denial
- ✦ Immaturity
- ✦ Psychiatric Co morbidity

Multifaceted treatment

✦ Medical
management

✦ Psychoeducation

✦ Psychotherapy

✦ Nutritional
counselling

✦ Pharmacological
intervention

Pharmacological intervention

✠ Antidepressants

✠ Antipsychotics

✠ Combined therapy

Dennis K et al, 2006

Wang TS et al, 2006