

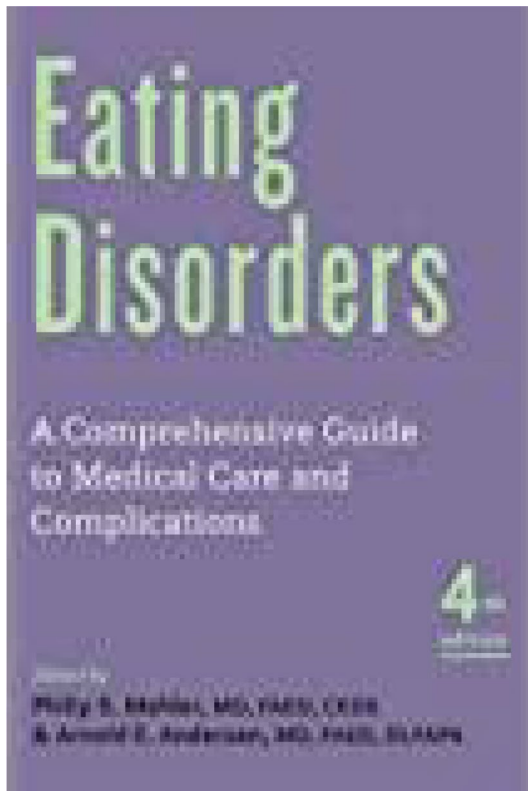


Eating disorders: a comprehensive guide to medical care and complications (fourth edition)

Edited by Philip Mehler and Arnold Andersen

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Received: 15 September 2022 / Accepted: 15 September 2022 / Published online: 5 October 2022
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Eating disorders such as anorexia, bulimia, binge eating and pica, represent a challenge to both patients and health care providers alike. For more than 20 years, health care providers have turned to the expert advice found in *Eating*

Disorders to keep up to date with the latest research in the field to enable them to provide the best care to their patients.

In this new, thoroughly revised and expanded edition of their best-selling work, Mehler and Andersen provide a user-friendly and comprehensive guide on how to diagnose, treat, and care for those with eating disorders, and is essential reading for doctor and other healthcare professionals, mental health professionals, worried family members and friends, as well as nonmedical professionals such as teachers and coaches.

July 2022 | Paperback 592 pages | ISBN 9781421443584 | Price £37.00

Philip S. Mehler, and Arnold E. Andersen, published in 2022 the fourth edition of “A Comprehensive Guide to Medical Care and Complications in Eating Disorders” (John Hopkins University Press, Baltimore). The book consists of 21 chapters written by authors with significant experience in the management of clinical aspects of eating disorders.

It deals with extremely interesting topics for the clinician involved in the treatment of eating disorders: from the diagnosis to the management in different care settings, from the complications (gastroenterological, cardiac, endocrine, ...) to the different aspects that eating disorders assume in specific groups of population (athletes, children, males, ...) up to the treatment and ethical aspects that characterize the care of these patients.

The text is accompanied by tables, images and graphics that help to make the topics covered clear. Each chapter is preceded by a paragraph dedicated to “common questions” which represents the layout of the chapter itself, it begins with a background paragraph describing the state of the art and it is followed by a summary that considers the main points addressed. The bibliography cited in each chapter is extensive, of considerable scientific depth and up-to-date.

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Reference is made frequently to the guidelines published on the various topics, demonstrating a constant search for evidence based medicine in a very complex sector such as that represented by eating disorders. Over 50 case studies are presented for a better link between theory and clinical practice.

Having reached the fourth edition of the text is not only a source of pride for the authors, but also the demonstration of the validity of the text which, for about twenty years, has been a point of reference in the field of eating disorders.

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