

World Congress on

Eating Disorders, Nutrition & Mental Health

September 12-13, 2016 Philadelphia, USA



Philip S Mehler

University of Colorado, USA

Medical complications of anorexia nervosa and bulimia and their treatments

Anorexia nervosa and Bulimia are two mental disorders that have a litany of medical complications associated with them. As a result, they have the highest mortality than any psychiatric disorder. All body systems are adversely affected and as the diseases increases in severity, the complications become more complex and prevalent. The good news is that most of the medical complications are reversible with timely and directed interventions, with two notable exceptions. This session will review in detail all of the medical complications associated with anorexia nervosa and bulimia and also discuss their respective medical treatments. There will also be time set aside to fully discuss the successful refeeding of patients with anorexia nervosa and the steps which need to be taken to avoid the dangerous refeeding syndrome.

Biography

Philip S Mehler was formerly Chief of Internal Medicine at Denver Health. He is the Glassman Professor of Medicine at the University of Colorado, School of Medicine, and has conducted research into the optimal treatment of the most severe cases of anorexia nervosa and Bulimia. He has Authored 400 publications, including a textbook, "*Medical Complications of Eating Disorders*", which was published by the Johns Hopkins University Press and is now in its second edition. He is a Member and Fellow of the Eating Disorders Research Society and the Academy of Eating Disorders, as well as a Member of the Editorial Board of the *International Journal of Eating Disorders*.

Philip.Mehler@dhha.org