
BULIMIA NERVOSA: A COMPREHENSIVE REVIEW OF ETIOLOGY, CLINICAL FEATURES, DIAGNOSIS, AND MANAGEMENT

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ABSTRACT

Bulimia nervosa is a serious psychiatric eating disorder characterized by binge eating followed by compensatory behaviors. This review summarizes its causes, clinical features, diagnosis, complications, and management, emphasizing multidisciplinary care.

INTRODUCTION

Bulimia nervosa is marked by recurrent binge eating episodes and inappropriate compensatory behaviors such as vomiting or excessive exercise. It primarily affects adolescents and young adults.

Epidemiology

The disorder is more common in females and often begins in adolescence. Many cases go unreported due to stigma.

Etiology

Bulimia nervosa arises from biological, psychological, and sociocultural factors including genetic predisposition, low self-esteem, and societal pressure for thinness.

Clinical Features

Patients exhibit binge eating, purging behaviors, body image distortion, and psychological distress. Physical signs include dental erosion and electrolyte imbalance.

Diagnosis

Diagnosis is based on DSM-5 criteria including recurrent binge eating and compensatory behaviors occurring at least once weekly for three months.

Complications

Complications include electrolyte imbalance, cardiac issues, gastrointestinal damage, depression, and anxiety disorders.

Management

Treatment includes cognitive behavioral therapy, SSRIs like fluoxetine, and nutritional rehabilitation. Multidisciplinary care is essential.

CONCLUSION

Early diagnosis and integrated treatment significantly improve outcomes. Awareness and prevention strategies are crucial.

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