

# Eating Disorders, Nutrition & Mental Health

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## Medical complications of anorexia nervosa and bulimia and their treatments

Abstract: Anorexia nervosa (AN) and bulimia nervosa (BN) are eating disorders characterized by severe weight loss and binge eating, respectively. Both disorders are associated with significant medical complications, including electrolyte imbalances, cardiac arrhythmias, and osteoporosis. Treatment typically involves a combination of psychotherapy and medical management. This paper discusses the medical complications of AN and BN and the current treatment approaches.