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Editorial – Anorexia Nervosa

Anorexia Nervosa, an eating disorder, is characterized by malnutrition (BMI less than 18.5 kg/m²), an obsessive fear of gaining weight and an altered self-body image (DSM-V criteria). The prevalence is steadily increasing in most countries. The persistence of pathological symptoms and relapses frequently observed in all forms of eating disorders significantly reduce the patient's quality of life. Although one-half of patients with anorexia nervosa is expected to recover after 10 years, the other half will stay with prolonged symptoms and disability. The mortality after 10 years is around 1–5% in recent series, which highlights the severity of the disease. In this special issue of Clinical Nutrition Experimental, Gosseaume et al. describe the major somatic complications occurring in patients with anorexia nervosa [1]. Anorexia nervosa is conventionally regarded as a multifactorial eating disorder, dependent on biological, psychological and sociocultural factors. In the last decade, the role of microbiota-gut-brain axis in the regulation of feeding behavior and mood disorders has been highlighted. In this special issue, Scharner & Stengel review the knowledge on the brain structure and functions in patients with Anorexia nervosa [2] while Breton et al. describe the alterations of intestinal microbiota and its putative roles in the disease [3]. Finally, Achamrah et al. speculate on the future therapeutic strategies targeting microbiota-gut-brain axis that may be helpful for the treatment of patients with anorexia nervosa [4].

References

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