

[(Eating Disorders and the Brain)] [Author: Bryan Lask] published on (October, 2011)

Bryan Lask

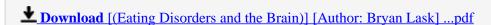


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[(Eating Disorders and the Brain)] [Author: Bryan Lask] published on (October, 2011)

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[(Eating Disorders and the Brain)] [Author: Bryan Lask] published on (October, 2011) Bryan Lask Why is the brain important in eating disorders? This ground-breaking new book describes how increasingly sophisticated neuroscientific approaches are revealing much about the role of the brain in eating disorders. Even more importantly, it discusses how underlying brain abnormalities and dysfunction may contribute to the development and help in the treatment of theseserious disorders. * Neuropsychological studies show impairments in specificcognitive functions, especially executive and visuo-spatialskills. * Neuroimaging studies show structural and functional abnormalities, including cortical atrophy and neural circuitabnormalities, the latter appearing to be playing a major part in the development of anorexia nervosa. * Neurochemistry studies show dysregulation withinneurotransmitter systems, with effects upon the modulation offeeding, mood, anxiety, neuroendocrine control, metabolic rate, sympathetic tone and temperature. The first chapter, by an eating disorders clinician, explains the importance of a neuroscience perspective for clinicians. This is followed by an overview of the common eating disorders, then chapters on what we know of them from studies of neuroimaging, neuropsychology and neurochemistry. The mysterious phenomenon ofbody image disturbance is then described and explained from aneuroscience perspective. The next two chapters focus onneuroscience models of eating disorders, the first offering anoverview and the second a new and comprehensive explanatory modelof anorexia nervosa. The following two chapters offer a clinical perspective, with attention on the implications of a neuroscience perspective for patients and their families, the second providing details of clinical applications of neuroscience understanding. The final chapter looks to the future. This book succinctly reviews current knowledge about all theseaspects of eating disorder neuroscience and explores theimplications for treatment. It will be of great interest to all clinicians (psychiatrists, psychol



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