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EATING DISORDERS AND ALCOHOLISM - ABOUT THREE CASE REPORTS

M. Esteves-Pereira[1], *T. Sertório*[2], *I. Brandão*[2]

[1]Department of Psychiatry, Centro Hospitalar de Vila Nova de Gaia/Espinho, Vila Nova de Gaia, [2]Service of Psychiatry, Hospital de São João, Porto, Portugal

Introduction: Eating disorders (EDs) and alcoholism are frequently co-occurring in the presence of other psychiatric and personality disorders. Eating-disordered patients are already at an increased risk for morbidity and mortality, so alcohol and other drug use pose additional dangers for these patients. Particular personality traits, such as impulsiveness, have been connected to both eating disorders and alcohol/drug abuse.
Objectives: To present case-reports of EDs with comorbid alcohol abuse and a review study regarding the theme available in *Medline*.
Aim: Brief literature review.
Method: Three case-reports are presented and literature of this theme shortly reviewed.
Results: The authors present three cases of adult females followed up in our Department with EDs (restricting anorexics and bulimics) and alcoholism that have already tried many detoxifications with no success.
Conclusions: Literature research has demonstrated that there are several similarities between the physiological conditions and mechanisms of addictive conditions, such as EDs and Alcoholism. Restricting anorexics, binge eaters, and bulimics appear to be distinct subgroups within the eating-disordered population, with binge eaters and bulimics more prone to alcohol.
Personality traits such as impulsivity have been linked to both bulimia nervosa and substance abuse. Many researchers have proposed that an addictive personality is an underlying trait that predisposes individuals to both eating disorders and alcohol abuse. More studies are needed to understand psychobiological mechanisms of this comorbidity, and to develop treatments for individuals with comorbid eating disorders and substance misuse.

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