

Editorial

It has been a wonderful experience to edit this eating disorders focus issue of Cutting Edge Psychiatry in Practice. The 94 contributors from seven different countries have informed, educated, updated, inspired and moved us. The topics range widely, covering history, current practice, leading edge advances such as neurosurgery, pharmacotherapy and virtual reality, together with the promise of genetics/epigenetics and the challenges of ethics. The paper on ethics highlights the difficulties in making decisions in a field in which many patients refuse treatment but a high proportion will die without it.

The concept of what should be included in the category of eating disorders has changed recently, with recognised eating disorders currently comprising anorexia nervosa, bulimia nervosa, binge eating disorder, avoidant/restrictive food intake disorder, other specified feeding and eating disorders, pica and rumination disorder. The previous requirement that the individual had to have concerns about weight, body shape or body image no longer apply to all the eating disorders. Related conditions such as body dysmorphia are also considered in this issue and the high prevalence of co-existing conditions, notably autism, is highlighted.

The authorship includes several world leaders in the field, those with extensive clinical experience, current practitioners and, most important, those with lived experience of eating disorders. With such a range of wonderful papers, it might seem inappropriate to draw attention to one in particular, but Katharine Lazenby's writings on her own very challenging experience of having both anorexia nervosa and autism set the scene with such clarity and impact, it cannot be recommended too highly.

We remain profoundly indebted to the many committed authors, peer reviewers, service users and others, including our brilliant Design and Copy Editor, our invaluable Consulting Editor and our indefatigable professional proofreader, who have made this publication possible. We hope that you will find it of value and that, like us, you will be informed, educated, updated, inspired and moved.

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