Summary: Eating disorders and unexplained weight loss

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Postgraduate Teaching Programme Barcelona 2026 | Presentation

Neurogastroenterology & Motility | Small Intestine & Nutrition

October 18, 2026

The speaker emphasizes that ARFID (avoidant restrictive food intake disorder) is a common eating disorder in gastroenterology, most often presenting as fear of adverse consequences, and requires identification and distinct management from typical DGBI patients.

KEY POINTS

- ARFID is characterized by feeding disturbance not driven by weight or shape concerns, causing physical or psychosocial impairment, with severity exceeding typical DGBI presentations when it occurs in that context
- The speaker recommends identifying maladaptive or at-risk eating behaviors even without definitive diagnosis, as this changes patient management approach
- Clinicians should screen patients before prescribing restrictive diets, particularly avoiding such diets in patients with anorexia nervosa history due to eating disorder relapse risk
- The speaker recommends using an eating disorder model of care, measuring functioning and diet at every visit, and maintaining collaborative relationships with dieticians and psychologists
- The speaker emphasizes treating the individual patient and their abilities rather than focusing solely on disease

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