

αντιμετώπιση (πολυθεραπεία).

ABSTRACT

Endocrine background of eating disorders and the interpretation of depressive comorbidity

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Both depression and eating disorders are multidimensional and heterogeneous disorders. If we examine the nature of their relationship under the endocrine aspect, we find clinical descriptive and biological studies of extreme interest. Recent studies confirm the prominence of depressive symptoms and disorders in eating disorders, such as the similarity of the concurrent endocrine disorders. Interestingly, clinical studies declare for starvation-induced endocrine changes that they mimic the symptoms considered diagnostic for depression. Disorders in hypothalamus–pituitary axis with target organs adrenals, gonadals, thyroid and epiphysis are common in eating disorders. Newly discovered hormones and peptides as leptin, ghrelin and adiponectin are the molecular protagonists in eating disorders, while melatonin is almost having its role currently. Although not yet a clear neuroendocrine basis in eating disorders and depression, it is expected that pharmaceutical industry's research will complete the analysis and interpretation of the ongoing high volume of relevant data.