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Editor-in-Chief
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Learning Objectives

After reading these articles, you should be able to:

1. Understand the pros and cons of stimulant medications for ADHD during adolescence and adulthood.
2. Recognize the bidirectional relationship between migraine and psychiatric disorders.
3. Explain the principles of managing binge eating disorder, including psychotherapy techniques and medication options.
4. Summarize some of the current research findings on psychiatric treatment.

Binge Eating Disorder: Management and Treatment Options

Michael Posternak, MD.

At the time of writing, Dr. Posternak had no financial relationships with companies related to this material.

We regret that Dr. Posternak passed away after finishing this piece. He had a warm heart, a bright mind, and a keen eye for the needs of psychiatric patients.

Binge eating disorder (BED) was one of 15 new disorders introduced in DSM-5. Although we all have tendencies to overindulge on food, BED is distinguished by its frequency, lack of control, and negative consequences. Think of it as one side of the bulimia nervosa coin, ie, bingeing without the compensatory purging, fasting, or compulsive exercising that accompanies bulimia.

BED is more common than bulimia, with a prevalence rate of about 1% in the general population (Cossrow N et al, *J Clin Psychiatry* 2016;77(8):e968–e974)

Highlights From This Issue

Feature article. Can patients reduce binge eating by eating more? Possibly, if it's a high-protein afternoon snack.

Feature QA. Amphetamines may be more potent in adult ADHD, but Dr. Lawrence Diller explains why their side effects often lead him to start with a methylphenidate trial.

QA on page 5. When migraines overlap with depression, tricyclics and SNRIs can help both, but there's a catch. This overlap is also a soft sign of bipolar disorder, as Dr. Lex Denysenko explains.

and 6%–7% in psychiatric outpatients (Faraldsen KW et al, *Int J Eat Disord* 1996;20(2):185–190). Although obesity

Continued on page 4

Q&A With the Expert

Adult ADHD Treatment Challenges Lawrence D. Diller, MD

Private practice in behavioral pediatrics/child and family psychotherapy, Walnut Creek, CA.

Dr. Diller has no financial relationships with companies related to this material.

TCPR: How does stimulant treatment differ in adults versus children with ADHD?

Dr. Diller: The benefits are similar, but the risks are different. With young children, I worry about side effects like appetite loss, insomnia, and growth retardation. In adults, I worry about medication misuse. Children don't like high doses, but some adults do, and adults can control how much they take in a way that children can't. What that means is medication misuse is a bigger risk in anyone over age 14 or 15 (Wolraich ML et al, *Pediatrics* 2019;144(4):e20192528; Schepis TS et al, *J Clin Psychiatry* 2020;81(6):20m13302).

TCPR: What happens when the dose goes too high?

Dr. Diller: In children, once the dose goes beyond the upper limits of the *PDR*—I'm talking about amphetamine salts beyond 60 mg/day



Continued on page 2

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