

Dear Editor,

We read with great interest the report of body-focused repetitive behavior by Juneja *et al.* [1]. This report implies that this kind of behavioral patterns cause many physical consequences. We also want to share a dental photo to emphasize the effect of repetitive behavioral eating pattern causing physical damages.



This is a photo of patient who eats 2 kg of sunflower seeds every day. She is reported that she has addicted to this kind of food for 10 years. As seen in the photo her upper teeth have deep erosion at the side of the seed inserted. As told in a Latin proverb, “A water drop hollows a stone not by force, but by falling often” (Gutta cavat lapidem non-vised saepe cadendo) that means repetitive movements could result in enormous unexpected effects. Application of composite resins to fill the cavity with a natural appearance and fluoride application for symptomatic relief have been recommended to the patient. The patient was sent for psychological counseling followed by therapy to make her get over this nutritional habit.

In psychological counseling obsessive-compulsive disorder (OCD) has been diagnosed. Furthermore, co-occurring eating disorder of sunflower seeds was identified. As known, OCD is often directly connected with eating disorders. All addictions involve a degree of obsession and compulsion related to the specific addictive behaviors that are present [2]. A multidisciplinary approach helped our patient to make her get over this habit.

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## REFERENCES

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2. Simpson HB, Wetterneck CT, Cahill SP, Steinglass JE, Franklin ME, Leonard RC, *et al.* Treatment of obsessive-compulsive disorder complicated by comorbid eating disorders. *Cogn Behav Ther* 2013;42:64-76.

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