

## Notes on Treatment

- Earlier the treatment, the better the prognosis
- High risk of relapse even with therapy
- Status of eating disorder as curable is controversial. Focus is on recovery rather than cure
- Integrated approach to treatment
  - Various disciplines
  - Various approaches
  - Various levels
    - Outpatient
    - Partial Hospital
    - Inpatient/Residential
- Individual Psychotherapy
  - Restructure food and diet patterns to help patients regain control of unhealthy eating behaviors
  - Alter the distorted and rigid thinking that perpetuates the syndrome
  - Explore underlying issues, such as body image, self esteem, family issues, trauma and coping
- Family/Couples Therapy
  - Facilitate communication
  - Permit family members to feel more connected to one another.
  - Helps to establish more appropriate family eating patterns
- Group Therapy/Support groups
  - Improves social skills
  - Helps patients feel less alone
  - Receive feedback from his or her peers
  - Therapy groups are professionally led; support groups are peer-led
- Medication
  - Antidepressants may be helpful in reducing the binge purge cycle in bulimia nervosa
  - Limited success in anorexia nervosa

Helpful when co-morbid depression or anxiety disorders are present

■ Nutrition

Establish a meal plan

Establish a target weight: a healthy goal weight is the weight at which normal menstruation and ovulation are restored or, in premenarchal girls, the weight at which normal physical and sexual development resumes

Educate about healthy nutrition and eating patterns

Prescribe physical activity and caloric expenditure according to food intake and fitness requirements