

Anorexia And Bulimia

	First step	Psychological Interventions (Therapy)	Pharmacological Interventions (Medication)
ANOREXIA	The first step in anorexia treatment should be on outpatient basis with psychological treatment provided by a service that is competent in assessing the physical risk of people with eating disorders.	Therapies considered for the psychological treatment of anorexia: <ol style="list-style-type: none"> 1. Cognitive Analytic Therapy (CAT) 2. Cognitive Behaviour Therapy (CBT) 3. Interpersonal Psychotherapy (IPT), 4. Focal Psychodynamic Therapy 5. Family Interventions (focused explicitly on eating disorders) 	Medication should not be used as the sole or primary treatment for anorexia nervosa. Caution should be exercised in the use of medication for comorbid conditions such as depressive or obsessive-compulsive features as they may resolve with weight gain alone. When medication is used to treat people with anorexia nervosa, the side effects of drug treatment (in particular cardiac side effects) should be carefully considered and discussed with the patient because of the compromised cardiovascular function of many people with anorexia nervosa.
BULIMIA	As a first step in bulimia treatment sufferers should be encouraged to follow an evidence based self help program - just like the Bulimia Recovery System BRS® here at Bulimia Help.	<ol style="list-style-type: none"> 1. Cognitive behaviour therapy for bulimia nervosa (CBT-BN) a specifically adapted form of CBT, should be offered to adults with bulimia nervosa. 2. When people with bulimia nervosa have not responded to or do not want CBT Interpersonal psychotherapy should be considered as an alternative 	Adults with bulimia nervosa may be offered a trial of an antidepressant drug. Antidepressant drugs can reduce the frequency of binge eating and purging, but the long-term effects are unknown. Selective serotonin reuptake inhibitors (SSRIs) (specifically fluoxetine) are the drugs of first choice for the treatment of bulimia nervosa.

However, this is known as 'anorexia, binge-purge subtype' rather than bulimia nervosa. Bulimia nervosa sufferers are by definition in the normal weight range. Most people with bulimia then purge by vomiting, but also may use laxatives or excessive exercise. Although anorexia and bulimia are very similar, people with anorexia are usually very thin and underweight, but those with bulimia may be an average weight or can be overweight. Anorexia - Bulimia - Signs of Anorexia and Bulimia - What Causes Eating.that indicates that you have tendencies toward anorexia nervosa or bulimia nervosa. DIRECTIONS: Answer the questions below honestly. Respond as you are. Often times, men and women with eating disorders may not appear as though they are struggling. Part of this is due to the fact that eating What is Bulimia? - Major Types of Bulimia - Bulimia Signs & Symptoms. Bulimia Nervosa-This eating disorder is characterized by repeated binge eating followed by behaviors that compensate for the overeating, such as forced vomiting, excessive exercise, or extreme use of laxatives or diuretics. Anorexia nervosa is an eating disorder characterized by an irrational fear of food as well as extreme, life-threatening weight loss. Patients who suffer from. Bulimia nervosa is defined by repeated episodes of binge eating followed by compensatory behaviours. People with bulimia nervosa often place an excessive . Anorexia nervosa (AN) is defined by the persistent restriction of energy intake, intense fear of gaining weight and disturbance in self-perceived weight or shape. Treatment for anorexia and bulimia. Psychologists are finding effective ways to treat these dangerous disorders. Family therapy, cognitive-behavioral therapy. Guilt and shame are core symptoms of bulimia. Someone who is bulimic, like a person suffering from anorexia and other eating disorders, judges him- or herself . Anorexia Nervosa (AN) and Bulimia Nervosa (BN) are the most recognized of EDs, but what is important to know is that there are other eating. Eating disorders include anorexia nervosa, a form of self-starvation; bulimia nervosa, in which individuals engage in repetitive cycles of binge-eating alternating. The eating disorders anorexia and bulimia have a few similarities, but they present much differently. Here's how to identify symptoms, treatment. Eating disorders, such as bulimia, binge eating disorder, and anorexia, are serious illnesses that involve extreme emotions, attitudes, and behaviors surrounding. Eating disorders are serious, potentially life-threatening conditions that affect a person's emotional and physical health. They are not just a fad or a phase. There is a commonly held view that eating disorders are a lifestyle choice. Eating disorders are actually serious and often fatal illnesses that cause severe. Anorexia nervosa and bulimia nervosa are primarily psychiatric disorders characterized by severe disturbances of eating behavior. Eating disorders are most. EATING DISORDERS TREATMENT in Santa Monica, CA. Anorexia Nervosa Bulimia Nervosa Compulsive Overeating Binge Eating Disorder Disordered Eating. That is actually a really difficult question. Both have their physical and mental damages and having consistently switched from one to the other I can tell from.

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