

## Help for Anorexia Nervosa

There are various approaches for the treatment of anorexia nervosa and what is appropriate will be specific to the needs and circumstances of each particular patient. Anorexia nervosa is a very difficult disease to treat as the patients do often not accept that they are ill, or doing anything that is inappropriate, or likely to have a detrimental effect on their health.

If the sufferer's do not have any success with treatment, then occasionally it can be helpful to have a brief or extended period of hospitalization. This can be beneficial as it removes any outside pressures and access to things such as pro anorexia web sites that can undermine treatment and encourage the sufferer to continue with their regime.

There are some specialist centers for anorexia nervosa that encompass treatments such as psychotherapy and counseling. This can help the patient to be able to see people that previously suffered from anorexia and so understand the illness and the mental and physical effects that this is having on them.

Doctors who treat anorexics will often prescribed psychotropic drugs that are thought to help the sufferer to cope with the symptoms and compulsions, that are associated with anorexia nervosa. Sometimes a course of antidepressants is prescribed to help the mood of the sufferer and help them cope better.

One problem with anorexia nervosa is that patients often go back to their previous eating and behavioral patterns, after a seemingly successful period of treatment has been achieved. Some figures quote that over a third of all successfully treated patients have some form of regression back to their past behavior.

Many anorexia nervosa sufferers have relapses, often between six months and one and a half years of their treatment. It can be very helpful for the sufferer to be in contact with a support group for people with the same disorder. This way they are not left on their own to cope and have help and support if they need it.

Understanding anorexia nervosa and finding out more about the disease and its effects and causes can go a long way towards helping the sufferer see the illness in context and not just from their own perspective.

Please understand that getting help for anorexia is very hard for the sufferer to ask for as they do not believe at first there is anything wrong with them and so they may already be well into the critical stages even before anyone realises whats happening. Which is why its incredibly important to get help quickly.

Source: <http://www.articlecircle.com>

### About the Author

Mayoor Patel has published a best selling book on "The Truth about Anorexia" which can be purchased at <http://www.BeatAnorexiaNow.com/>