

Family and Friends of Anorexia Nervosa Suffers

It can be very distressing for the family and friends of an anorexia nervosa sufferer, to see them in a state of distress, or growing thinner and weaker by the day. But simply asking them why they are doing this to themselves, or telling them to eat properly is not always the best approach.

People who suffer from anorexia nervosa need the love and support of their family and friends and this is one way in which they can help a great deal while the sufferer tries to beat the disease. Of course it may be very difficult to talk about, as people who suffer from this condition can often be very secretive and believe that nobody else has noticed their behavior.

It is not a good idea to just try to persuade someone to eat if they are suffering from anorexia nervosa, without the support of a healthcare professional or doctor. It is much better to take the proper advice and accept help from someone qualified in dealing with this, so that you can make the right choices about how it is best to help them.

It is not however, a good idea to delay in the hope that things will just get better their own. Anorexia nervosa is a very dangerous condition and needs to be treated, otherwise it can have very significant effects on the health and well being of the sufferer.

There are many help and support groups for people suffering from anorexia nervosa and it may be a good idea to seek advice from some of these, as many of the practitioners and advisers will have had direct personal experience of the condition themselves. This can be a great comfort to someone that is experiencing it the first time and is unsure what to do to for the best.

If properly and carefully approached, the help and support that the anorexia nervosa sufferer can gain from friends and family can make a great deal of difference in helping them to recognize and get help with their treatment. But it is best to take the proper advice and avoid just rushing in because you are worried, without first thinking about how you can best help.

Remember that even after the sufferer has recovered from the illness, that this is the time the person needs the most support. A sufferer can have a relapse if the support is just cut off once they have recovered.

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About the Author

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