

Bulimia...

Bulimia is an illness where bouts of excessive eating are typically followed by self-induced vomiting, often carried out in secret. Women between the ages of 15 and 30 are the most common sufferers, and like those who suffer from anorexia nervosa, they have an obsessive fear of being fat, which is what prompts the vomiting. Some sufferers also use laxatives to expel food quickly. Bulimia may result in significant weight loss (though not always). If vomiting occurs frequently it can lead to dehydration, weakness and cramping. Sufferers are often depressed and sometimes suicidal. Professional treatment is essential, as this is an illness which requires psychological as well as physical support.

Orthodox

Treatment is similar to that of anorexia and is best carried out in a hospital or specialized centre. It involves monitoring and regulating eating habits and counselling or psychotherapy. Antidepressants may also be prescribed.