

Patient information from BMJ

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Anorexia: questions to ask your doctor

When you talk to your doctor about anorexia, they can give you lots of information about it and what getting better involves. Here are some questions you might want to ask.

- What is anorexia?
- Do I have anorexia?
- Why have I got anorexia?
- How bad is my anorexia?
- Has it damaged my health? Will you need to do any tests to check?
- If my health is damaged, will it go back to normal if I change the way I eat and reach a healthy weight?
- My periods have stopped. Does that mean I won't be able to have children? Will they start again? Do I still need to use contraception?
- Why do I need treatment? What if I don't want treatment?
- What are the treatment options for anorexia? Does treatment cause any side effects?
- Will I ever eat normally again?
- Can you help me, or do I need to see a specialist?
- Will I have to take time off school/work?
- Will I be able to diet again I reach a healthy weight?
- Why do I feel so bad about myself? Am I depressed?
- Will treatment make me feel better about myself?
- Will I be fed against my will?
- Can you refer me to a support group so I can talk to other people who have recovered from anorexia?

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