

Key points about anorexia nervosa

- 1 Anorexia nervosa is a mental illness associated with significant physical debility.
- 2 Anorexia nervosa often presents in young women and may be blamed on dieting. It goes beyond dieting into mental illness characterised by avoidance of weight gain.
- 3 The severe weight loss associated with dietary restriction can be life threatening.
- 4 If you think that a member of your family, or you yourself, may have this disorder, you can seek advice from your family doctor or local mental health services.
- 5 Effective treatment is available. Treatment involves a multidisciplinary approach and there are many aspects to treatment that can take time to have full effect.