

Patient information from BMJ

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Bulimia: questions to ask your doctor

If you think you might have bulimia, or if you think someone close to you might have it, your doctor can help. Here are some questions you could ask to find out more.

- Do I have bulimia? How do you know?
- Has my bulimia damaged my health?
- I've had bulimia for a long time. Will I ever eat normally again?
- Why do I need treatment?
- What is the best treatment for me?
- Does the treatment have any side effects?
- Is there anything I can do to help myself?
- How long will the treatment take?
- Can you help me, or will I have to see a specialist?
- Will I have to take time off school or work?
- My spouse, parents, friends, or colleagues don't know. Will I have to tell them?
- Will I be able to diet again when I'm better?
- Will I get fat if I get treatment?
- I feel bad about myself. Am I depressed?

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