

Patient information from BMJ

Last published: Oct 02, 2020

Anorexia: questions to ask your doctor

When you talk to your doctor about anorexia nervosa, you can find out things that will help you feel better and get better. Here are some questions you might want to ask.

- Do I have anorexia?
- What causes anorexia?
- How bad is my anorexia?
- Has it damaged my health? If it has, will the bad effects disappear if I change the way I eat and put on 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 is the best treatment? 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 when I'm better? Will I get fat if I have treatment?
- Why do I feel so bad about myself? Am I depressed?
- Can I be fed against my will?

The patient information from *BMJ Best Practice* from which this leaflet is derived is regularly updated. The most recent version of Best Practice can be found at bestpractice.bmj.com. This information is intended for use by health professionals. It is not a substitute for medical advice. It is strongly recommended that you independently verify any interpretation of this material and, if you have a medical problem, see your doctor.

Please see BMJ's full terms of use at: bmj.com/company/legal-information. BMJ does not make any representations, conditions, warranties or guarantees, whether express or implied, that this material is accurate, complete, up-to-date or fit for any particular purposes.

© BMJ Publishing Group Ltd 2020. All rights reserved.

Anorexia: questions to ask your doctor

