

Name \_\_\_\_\_

## Healing from Within: How Doctors Treat Eating Disorders

### Short Answer Key

1. A multidisciplinary team approach is important in the treatment of eating disorders because it ensures that individuals receive comprehensive care that addresses both the physical and emotional aspects of their condition. It allows for a more holistic and effective treatment plan.
2. Doctors play a vital role in medical monitoring for individuals with eating disorders by conducting regular check-ups, monitoring weight and nutritional status, and addressing any physical complications that may arise.
3. The purpose of nutritional counseling in the treatment of eating disorders is to create a balanced and individualized meal plan that helps individuals re-establish a healthy relationship with food and achieve nutritional goals.
4. Doctors may prescribe medication as part of the treatment plan for eating disorders to address specific symptoms or comorbid conditions, such as depression or anxiety, which often coexist with eating disorders. Medication can be an essential component of the overall treatment approach.
5. Seeking professional help is crucial for individuals with eating disorders because these conditions can have severe physical and emotional consequences if left untreated. Early intervention and proper treatment significantly improve the chances of successful recovery.

