

Name _____

Healing from Within: How Doctors Treat Eating Disorders

Open-Ended Response Answer Key

1. Doctors play a central role in coordinating and overseeing the treatment of individuals with eating disorders within a multidisciplinary team. They conduct medical assessments, provide medical monitoring, prescribe medication when necessary, and collaborate with other healthcare professionals to ensure comprehensive care. Doctors also play a crucial role in addressing physical complications and ensuring the overall well-being of the individual.
2. Individuals with eating disorders may face physical complications such as malnutrition, electrolyte imbalances, heart problems, and digestive issues. Doctors address these complications by conducting regular medical check-ups, monitoring weight and nutritional status, and providing appropriate medical interventions, including hospitalization if needed. Their goal is to stabilize physical health and prevent further harm.
3. Regular follow-up care and support provided by doctors are essential for individuals in recovery from eating disorders. This includes ongoing medical assessments, monitoring of weight and nutritional status, and adjustments to the treatment plan as needed. Doctors offer guidance and support to help individuals maintain their progress and overall health.
4. Stigma associated with seeking medical treatment for eating disorders can be a barrier to recovery. It is important to recognize that seeking professional help is a courageous and necessary step in the journey to recovery. Overcoming this stigma requires education and awareness about eating disorders, empathy, and destigmatizing conversations. Support from healthcare providers, family, and friends can also play a significant role in reducing stigma and encouraging individuals to seek help.

