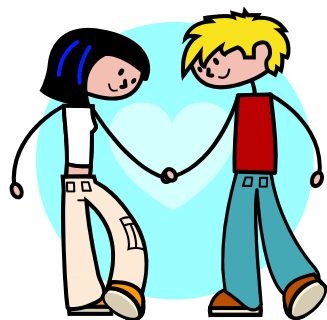


## *Can anorexia be treated?*

Yes, anorexia can be treated. When caught and treated early, people with anorexia can lead a full, productive and normal life. Anorexia may be treated in a special hospital and/or at home. Teens with anorexia need support from others, including parents, doctors, counselors, friends and sisters and brothers to eat normally.



F.E.A.S.T.

Families Empowered and Supporting  
Treatment of Eating Disorders  
[www.FEAST-ED.org](http://www.FEAST-ED.org)

## My Sister or Brother has Anorexia

Questions and Answers for Siblings



## ***What is anorexia?***

Anorexia is a serious, life and health threatening eating disorder that affects parts of the brain that control fear and how the body



responds to weight loss. People with anorexia are afraid to eat and gain

weight.

## ***What are the symptoms?***

- Losing a lot of weight
- Not eating enough
- Denying hunger
- Feeling cold
- Stop having periods (in girls)
- Exercising too much
- Being very afraid of gaining weight

## ***Who has anorexia?***

About 1 in 100 people have anorexia. Anorexia usually starts around age 14, although younger children and adults can have it too. Anorexia occurs in all races, countries and across income levels.



## ***What causes anorexia?***

Current research tells us that anorexia may be inherited and run in families.



While a person may have the genes to develop anorexia, usually, stress, dieting, illness or infection trigger the symptoms or make them worse.

## ***What parts of the body are affected?***

Anorexia affects every organ and system in the body, including the brain, heart, kid-



neys, bones, skin, hair and intestines. The effects of anorexia on the brain can be long term.

## ***Isn't anorexia about control?***

Anorexia is not a control issue. People with anorexia lose control and can't stop losing weight even if they want to. People with anorexia also may have anxiety, depression or obsessive compulsive disorder.