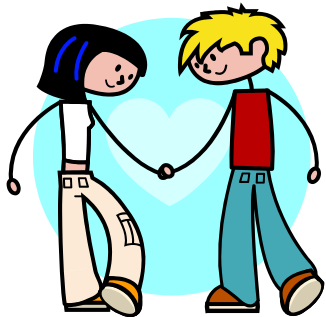


## *Can bulimia be treated?*

Yes, bulimia can be treated. When caught and treated early, people with bulimia can lead a full, productive and normal life. Bulimia may be treated in a special hospital and/or at home. People with bulimia 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 Bulimia

Questions and Answers for Siblings



## ***What is bulimia?***

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



sponds to attempts to lose weight. People with bulimia are afraid to gain

weight.

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

- Eating a lot more than normal
- Feeling out of control when eating
- Being very afraid of gaining weight
- Vomiting, using laxatives, exercising too much or doing other things to get rid of calories

## ***Who has bulimia?***

About 3 in 100 people have bulimia. Bulimia usually starts around



age 14, although younger children and adults can have it too. Bulimia occurs in all races, countries and across income levels.

## ***What causes bulimia?***

Current research tells us that bulimia may be inherited and run in families. While a



person may have the genes to develop bulimia, usually, stress, dieting,

illness or infection trigger the symptoms or make them worse.

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

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



neys, bones, skin, hair and intestines.

The effects of bulimia on the brain can be long term.

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

Bulimia is not a control issue. People with bulimia lose control and can't stop bingeing and purging even if they want to. People with bulimia also may have anxiety or depression .