

Mayo Clinic Medical Edge

Bulimia

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	WE'VE ALL DONE IT ON OCCASION... SIT AT THE DINNER TABLE TOO LONG, EATING TOO MUCH. BUT FOR SOMEONE WITH BULIMIA, OVER-EATING – BINGING - AND THEN PURGING, BECOMES A VICIOUS CYCLE.
Leslie Sim, Ph.D. Track 2 (5:25)	“THEY HAVE THESE PERIODIC EPISODES WHERE THEY CAN'T CONTROL THEIR EATING AND THEY OVEREAT. THIS IS NOT CONSISTENT WITH THEY'RE DESIRE TO BE THIN AND THEIR PREOCCUPATION WITH WEIGHT AND SHAPE.”
	MAYO CLINIC DR. LESLIE SIM SAYS

	UNLIKE PATIENTS WITH ANOREXIA WHO OFTEN DENY THEY HAVE A PROBLEM, PATIENTS WITH BULIMIA ARE DISTRESSED ABOUT THEIR CONDITION, SO THEY TEND TO RESPOND BETTER TO TREATMENT.
Dr. Sim Track 2 (6:31)	“THE STANDARD TREATMENT IS CALLED COGNITIVE BEHAVIOR THERAPY. IT’S A TREATMENT THAT FOCUSES ON MODIFYING THE BEHAVIOR OF RESTRICTIVE EATING PATTERNS.”
	ONCE BEHAVIOR IS ADDRESSED, DR. SIM SAYS THEY CAN THEN FOCUS ON THE UNREALISTIC THOUGHTS PATIENTS HAVE ABOUT WEIGHT, SHAPE AND FOOD.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR LOG ONTO MAYOCLINIC.ORG . I’M VIVIEN WILLIAMS.