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Approximately 14 million women in the United States are battling with the disease anorexia nervosa (AN) which is described as "one of the least understood and most intractable of all mental illnesses" (Schindehette, Sandler, Nelson and Seaman, 2003, p. 136). Many of the victims of this disease will battle it for the rest of their lives. However, if AN is diagnosed early, during the teen years, it is possible to cure it with appropriate treatment (Cooper, 2001). Therefore, adolescent women struggling with AN need effective treatment, and today, after four decades of research, there is an increasing number of treatment options ranging from counseling, to nutritional therapy, to medication. Yet, some researchers and victims still advocate that there is a need for further research in this area (Kaplan, 2002; Hendricks, 2003).

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Treatments

Level 1 headings are centered and in boldface. (chart, p. 62 APA Handbook)

Upon recognizing symptoms, such as strict dieting, weight loss, binge eating or fasting, feeling dizzy, weak, and/or depressed, in addition to insomnia, family members should seek out the advice of a health care provider. The health care provider will take a complete medical history as well as do a physical examination (Cooper, 2001). After this process is complete, then the doctor can begin treating the patient with AN, which may include referrals to specialists in counseling, nutrition and other medical fields.

Counseling

One of the more traditional forms of treatment is counseling, which is also referred to as psychotherapy. The goal of psychotherapy is to work with the patient so that through therapy she will be able to control her eating and maintain her body weight.

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