Main Topics to Cover when Educating Adolescent Patients about Eating Disorders

The patient’s eating disorder and its treatment
- The patient’s eating-disorder diagnosis.
- Its prevalence and main features.
- Associated health risks.
- Its course and prognosis without treatment.
- The treatment options and their likely effects.

Clinical features of eating disorders
- Being underweight.
-Characteristic extreme concerns about shape and weight.
- Characteristic form of dieting.
- Binge eating.
- Self-induced vomiting.
- Laxative misuse.
- Over-exercising.