



DOCTOR DISCUSSION GUIDE

Managing Orthorexia

If the obsession with clean eating or dieting becomes so great that it interferes with your quality of life, relationships, and general decisions around food and eating behaviors, treatment can help. Asking the right questions during your conversation will help you know what to expect and how to better navigate your condition. Familiarize yourself with these common terms before your appointment to help facilitate your discussion.

Vocabulary to Know

Your doctor might mention these common terms. Here's what they mean.

Anorexia nervosa	An eating disorder that involves being unable to maintain a healthy body weight due to methods of restricting food.
Electrolyte imbalance	The body's inability to balance important chemicals, such as sodium, potassium, and magnesium, that help to regulate things like heartbeat, the firing of neurons, and muscle function.
Fear foods	Certain foods that someone with an eating disorder tries to avoid due to the belief that they will cause significant and rapid weight gain.
Female athlete triad	A set of three specific symptoms occurring simultaneously—low bone density, irregular or absent menstrual periods, and disordered eating behaviors.
Ketosis	A process in which the body does not receive proper nutrition to use for energy so, in turn begins to use stored fat for energy.
Obsessive-compulsive disorder	An anxiety-related disorder that involves experiencing intrusive, obsessive thoughts and engaging in compulsive behaviors to help relieve anxiety.
OSFED	Acronym for "Other Specified Feeding and Eating Disorder." These are patterns of disordered eating that do not necessarily meet the criteria for distinct disorders such as anorexia, bulimia and binge eating disorder, but are still significant enough to impact the quality of the person's life.



About Coping and Living With

- What are some things I can do to help myself at home or in the recovery process?
- How can I learn to manage stress and other challenges that often come with orthorexia?
- How do I ask for support from people for help in my recovery?
- What will help me be most successful in my recovery?
- How should I describe orthorexia to friends and family?
- How can I keep healthy eating habits without developing orthorexia or relapsing?
