

## **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.



## **Questions to Ask**

These questions will help you start a conversation with your doctor about how to best manage orthorexia.

Ab	out Symptoms	
	What is the difference between dieting, clean eating, and orthorexia?	
	Is orthorexia a condition that requires treatment?	
	What kinds of symptoms do doctors look for to know if I might have orthorexia?	
Ab	out Causes & Risk Factors	
	What types of factors tend to cause orthorexia?	
	How can I know if I'm at risk for developing orthorexia?	
Ab	out Diagnosis	
	How can I know for sure that I have orthorexia?	
	Are there specific symptoms that doctors look for to know if someone has orthorexia?	
	What happens next if I am diagnosed with orthorexia?	
	Do people who have orthorexia often have OCD as well?	
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Ab	out Treatment	
	What are treatment options for someone with orthorexia?	
	What is the likelihood of someone fully recovering?	
	Would I be asked to take any medications as part of treatment for othorexia?	
	How will I know what treatments will work best for me?	
	Will I be asked to give up healthy eating habits if I	
	am in treatment?	
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Αb	out 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?	