

# Patient information from BMJ

Last published: Dec 06, 2021

## Bulimia: questions to ask your doctor

**If you think you might have bulimia, or if you think someone close to you might have it, your doctor can help. Here are some questions you might want to ask to find out more.**

- Do I have bulimia? How do you know?
- Has my bulimia damaged my health?
- I've had bulimia for a long time. Will I ever eat normally again?
- Why do I need treatment?
- What is the best treatment for me?
- Does the treatment have any side effects?
- Is there anything I can do to help myself?
- How long will the treatment take?
- Can you help me, or will I have to see a specialist?
- Will I have to take time off school or work?
- My spouse, parents, friends, or colleagues don't know. Will I have to tell them?
- Will I be able to diet again when I'm better?
- Will I get fat if I get treatment?
- I feel bad about myself. Am I depressed?

The patient information from *BMJ Best Practice* is regularly updated. The most recent version of Best Practice can be found at [bestpractice.bmj.com](https://bestpractice.bmj.com). This information is intended for use by health professionals. It is not a substitute for medical advice. It is strongly recommended that you independently verify any interpretation of this material and, if you have a medical problem, see your doctor.

Please see BMJ's full terms of use at: [bmj.com/company/legal-information](https://bmj.com/company/legal-information). BMJ does not make any representations, conditions, warranties or guarantees, whether express or implied, that this material is accurate, complete, up-to-date or fit for any particular purposes.

© BMJ Publishing Group Ltd 2024. All rights reserved.

### What did you think about this patient information guide?

Complete the [online survey](#) or scan the QR code to help us to ensure our content is of the highest quality and relevant for patients. The survey is anonymous and will take around 5 minutes to complete.

