

## P01-222 - MEDICAMENT TREATMENT OF ANOREXIA MENTALIS

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**Introduction:** Anorexia mentalis is a psychiatric disease followed by body deterioration. Goal: The selecting of medicament treatment and psychotherapy, following certain procedures which will lead the patient into the quickest psychosomatics functioning.

**Material and methods:** During the period from January till December 2007, 15 female patients, age 14-19, were treated. Six of them were treated with Haloperidol, and 9 received Olanzapine treatment. The therapy consists of: A: A "two-way" therapy and "multi-level" therapy: food intake (high energy supplements and meals) and body mass growth curve, i.e. physical and psychical conditions are simultaneously monitored (horizontal level). B: Pharmacotherapy (neuroleptics and antidepressives) C: Psychotherapy (individual, family, behavioral, psychodynamic) (vertical level A, B) The treatment is pervasive and in stages, with individual corrections by the therapist according to specificity of each patient.

**Results:** The following parameters were observed: body weight, BMI, hormonal status, regaining menstrual cycle, and psychical status, brain NMR scan, period of hospitalization. Female patients treated with Olanzapine gained 3-4 kg in one month, during that period psychopathology gradually faded: obsessive thoughts about weight loss, disturbed body image. Depressive emotionality lasts longer; therefore the antidepressives are included in therapy. Female patients treated with Haloperidol gained body weight slower, in a period of five months in average, and they also showed slower psychopathological restitution.

**Conclusion:** Anorexia is very serious psychological disease that can be a death threat to a patients physical health, therefore, an early disease detection, timely reaction and treatment are essential.