

Cure for eating disorders

Patrick O'Neil

A NEW treatment is offering a cure for teenagers with eating disorders.

Patients are trained to eat again using a machine called a mandometer.

The treatment is said to have a 75 per cent success rate, about three times more effective than other techniques.

Patients put their plate on the mandometer and fill it until the machine tells them when they have the correct weight of food.

The machine then gives updates telling the patient to eat their meal faster or slower until they learn

Inventors claim a 75% success rate

to eat at a normal rate.

The mandometer trains patients to associate the correct level of fullness with the amount of food they have eaten.

Eating disorder sufferers are taken to a warm room after each meal to decrease anxiety and stop the urge to exercise.

The Swedish inventors told the *Herald Sun* the new method has unprecedented success rates.

Mandometer inventor

Cecilia Bergh said the device was like using crutches for a broken leg.

"When someone has a broken leg, they train walking with a crutch and then leave the crutch," she said.

"Patients normalise their eating with the mandometer until they don't need it any more."

At this stage, the treatment will cost between \$40,000 and \$60,000.

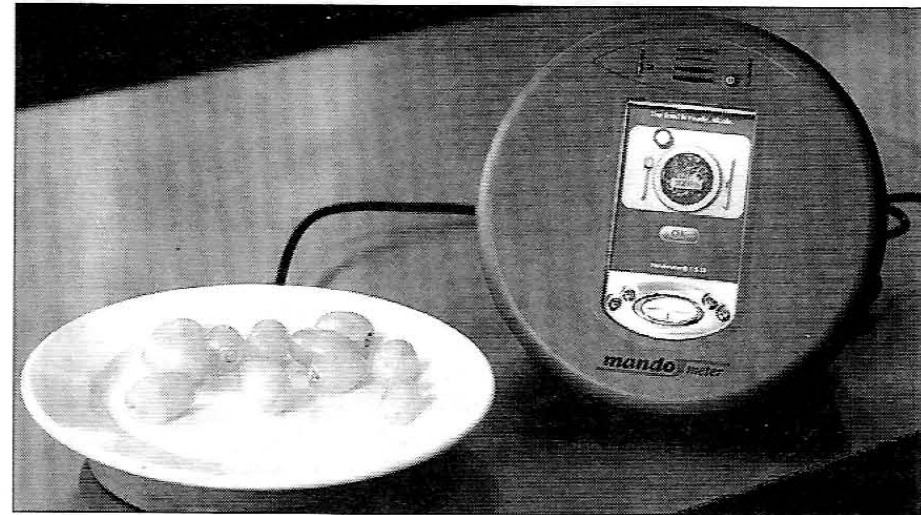
Ms Bergh is in Mel-

bourne this week and has been presenting the method to hospitals.

Developers want to begin a trial in Australia and hope to open a treatment centre here sponsored by government.

Eating Disorders Foundation executive officer Karen Elford said one in 20 Australians had an eating disorder. She said if the 75 per cent success rate was proven correct, it could dramatically improve treatment.

ANYONE having problems with eating disorders can contact the Eating Disorders Foundation of Victoria helpline on 9885 0318 or non-metro callers 1300 550 236.



Weigh to go: food is measured using the mandometer.