



mx



F-bombs away

Cate swears and the world swoons

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Ain't no party like an Oscars party

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Picture: REBECCA MICHAEL

THREE'S A FASHIONABLE CROWD

Fashion blogger Sara Donaldson, actor Sophie Lowe and sailor Jessica Watson are the Australian ambassadors for Japanese fashion chain, Uniqlo. The retailer announced today it will open its first Australian store on April 16. Full story, PAGE 4

Good gnaws at last

Aussie clinic offers eating disorder hope

Lachlan Hastings

Researchers treating eating-disorder sufferers at an Aussie clinic say their pioneering approach offers fresh hope to those battling conditions such as anorexia nervosa and bulimia.

Mandometer Clinic founders Cecilia Burgh and Per Sodersten consider their patients' psychological problems to be a result rather than a cause of eating disorders, and focus their attention on first teaching them how to eat normally again.

A team of international scientists headed by the duo is applying their method and claims a 75 per cent success rate with a treatment program involving 1428 people at six clinics, including one at Brighton in Melbourne.

The findings, which the researchers have compared to other programs that achieve a success rate of less than 50 per cent, have been published in peer-reviewed journal *Behavioural Neuroscience*.

Sodersten, a professor at Karolinska Institute in

Stockholm, said only 10 per cent of patients treated by the new method had suffered a relapse in five years of follow-up consultations.

He told *mX* that relapse had traditionally been a major problem with eating-disorder treatments.

"We teach patients how to resume normal eating behaviour and how to restore their feelings of fullness," he said.

"This in turn normalises the biology of the patient so the idea is that she or he will get in touch with their normal biological signals for hunger."

The system also uses heat therapy, exercise and computerised meal monitoring in a process aimed at restoring normal social habits and weaning patients off psychoactive drugs.

Former patient Ramone, 31, of Melbourne, said she had struggled with an eating disorder since she was a teenager but now felt "fantastic" after undergoing a year of therapy.

She said her treatment had unravelled "all sorts of self-destructive behaviours".

PULLING UP STUMPS

GRAEME SMITH'S SHOCK ANNOUNCEMENT

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UNI STRIKE

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