



Stockholm, June 25, 2002

Proceedings of the National Academy of Sciences publishes article on Swedish method for treating anorexia and bulimia

Press conference at 1:00 p.m., June 25, at Anorexicentrum (Center of Eating Disorders), 4th floor, Novums Forskningspark (Novum Research Park), Huddinge (Stockholm).

An article about a Swedish method for treating the eating disorders anorexia and bulimia is being published Tuesday, June 25 in the Proceedings of the National Academy of Sciences (PNAS) in the United States.

The method, developed at the Center for Eating Disorders in Sweden and the Section of Applied Neuroendocrinology of Karolinska Institutet at the Novum Research Park in Huddinge (Stockholm), has proven to be a very effective treatment for anorexia and bulimia. In studies performed on 16 randomly selected patients affected by anorexia or bulimia, which were compared with 16 untreated patients, 14 of the treated patients were cured, compared with only one of the untreated patients. Anorexia and bulimia were previously considered difficult to treat.

The treatment, which uses a patented computer-based system to help patients adapt their eating behavior to normal curves, and keeps their physical activity to a minimum, has already treated 130 patients successfully. Of all patients treated to date with Mandometer, a computer-based software for relearning eating habits, 75 percent have recovered and 12 percent have noted a significant improvement in their condition. Only 7 percent of treated patients had relapses. In addition to following the Mandometer program, patients are treated with heat to reduce their activity and they learn social behavior. Based on calculations, use of the Mandometer method achieves considerable savings in hospital budgets and reduces indirect costs for society.

The treatment was started by Cecilia Bergh, who became interested in eating disorders in the beginning of the 1980s and received a Ph.D for her dissertation on bulimia nervosa. Cecilia Bergh developed the Mandometer Treatment together with Professor Per Södersten, Head of the Section of Applied Neuroendocrinology at Karolinska Institutet.

Read more about the Mandometer Treatment at: www.mando.se

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