

Anorexia nervosa treatment with olanzapine

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Anorexia Nervosa (AN) is a severe psychiatric disease with dangerous medical implications and potentially lethal. The medication is currently not very effective because little is known about the biological factors involved in the AN etiopathogenesis. Here, we present a case report showing a strong evidence of olanzapine effectiveness in the treatment of AN. Our patient, a young woman suffering from AN, was treated for 4 months with olanzapine, an atypical antipsychotic. After 4 months of olanzapine treatment, our patient showed a moderate increase in weight (about 2.3 kg) as well as a significative improvement of several psychopathological factors, typical of AN estimated with the scale of self-EDI. Our patient showed also a significative improvement in the typical anorexic behaviors such as the impulse to thinness, perfectionism and sense of inadequacy as well as a reduction of hostility against the therapy thus leading also an improved climate of trust between the patient, her family and medical staff.

Given the above evidences, it is reasonable to assume the use of olanzapine in the treatment of AN.