



Prevention and Recovery from Eating Disorders in Type 1 Diabetes: Injecting Hope

Ann Goebel-Fabbri

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Prevention and Recovery from Eating Disorders in Type 1 Diabetes: Injecting Hope sheds light on an often overlooked and misunderstood issue: the problem of eating disorders in women with type 1 diabetes – referred to by lay people and the media as "diabulimia" and characterized by insulin restriction as a means of calorie purging for weight loss. Drawing on a series of recent interviews and over 16 years of research and clinical experience with this unique phenomenon, author Dr. Ann Goebel-Fabbri provides groundbreaking insight into the lives of women who have recovered from eating disorders in type 1 diabetes. She explores the condition's origins, its effects on the lives of those affected, and possible paths to recovery. Also included are suggestions for prevention and treatment as well as practical and inspirational advice from now-recovered women. *Prevention and Recovery from Eating Disorders in Type 1 Diabetes* is a valuable guide for patients and loved ones, diabetes treatment teams, and eating disorder clinicians.

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