

## **Olanzapine (Zyprexa) and anorexia nervosa**

### **Olanzapine treatment of an adolescent girl with anorexia nervosa.**

**Hum Psychopharmacol 2003 Jul;18(5):401-3** (ISSN: 0885-6222) Ercan ES; Copkunol H; Cykoethlu S; Varan A Ege University, School of Medicine, Department of Child Psychiatry, Bornova, zmir, Turkey. [eyercan@hotmail.com](mailto:eyercan@hotmail.com).

This case report presents a severe case of **anorexia** nervosa in a 15-year-old female adolescent. The patient suffered from extreme weight loss and agitation that required hospitalization in the Intensive Care Unit. The initial treatment consisted of fluoxetine management. Marked improvements, both in weight and psychological adjustment, were observed with the later addition of **olanzapine**. The findings reported here support previous findings that suggest the beneficial use of **olanzapine** in the treatment of **anorexia** nervosa.

**Olanzapine treatment of anorexia nervosa: a retrospective study.** Int J Eat Disord 2003 Mar;33(2):234-7 (ISSN: 0276-3478) Malina A; Gaskill J; McConaha C; Frank GK; La Via M; Scholar L; Kaye WH  
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**BACKGROUND:** Recent reports raise the possibility that olanzapine, which commonly causes weight gain in non-eating-disordered subjects, assisted weight gain and mood during refeeding in anorexia nervosa (AN) patients. **METHODS:** Eighteen AN subjects who engaged in open treatment with olanzapine were retrospectively questioned about their response. **RESULTS:** Subjects reported a significant reduction in anxiety, difficulty eating, and core eating disorder symptoms after taking olanzapine. **DISCUSSION:** These data lend support to the possibility that olanzapine may be useful in AN patients. **CONCLUSION:** A controlled trial is necessary to prove that olanzapine is efficacious.

**Randomized controlled trial of olanzapine in the treatment of cognitions in anorexia nervosa** [In Process Citation] Australas Psychiatry 2005 Mar;13(1):72-5 (ISSN: 1039-8562) Mondraty N; Birmingham CL; Touyz S; Sundakov V; Chapman L; Beumont P Psychiatrist, Peter Beumont Eating Disorder Service, Ashfield, NSW, Australia.

**Objective:** Recovery from anorexia nervosa is confounded by intrusive anorectic cognitions and rituals. It has been observed that olanzapine, an atypical antipsychotic, can reduce this anorexic rumination. A pilot study was designed to test the effectiveness of olanzapine in this role. **Methods:** A randomized trial of olanzapine versus chlorpromazine, with anorexic rumination as the primary outcome, was conducted. Of the 26 patients who presented, 15 were randomized in a balanced block design, eight to olanzapine and seven to chlorpromazine. **Results:** Only the olanzapine group had a significant reduction in the degree of rumination. **Conclusion:** Olanzapine may be of benefit in anorexia nervosa by causing a reduction in anorexic rumination.