

## **ALUBA (Association Against Bulimia and Anorexia)**

### Description:

ALUBA: was created 16 years ago and has a transdisciplinary approach centered in self-help and organized as day hospital, external groups and consultations, with special groups for associated disorders. It has branches in Argentina, Uruguay and Spain. The main goals are to: Inform on the characteristics and scope of eating disorders in order to generate social awareness of the problem. Develop Primary Prevention activities, and contribute to the early detection of these disorders. Offer a complete and accurate diagnosis of the individual and family pathology. Incorporate the patient and his/her family into the treatment in order to stabilize the factors that cause cyclic relapses. Support the self-help groups for the recovery process of the patient, and organize through those groups the social reinsertion of the recovered patient. Provide information and advice to families and health professionals engaged in the assistance of Eating Disorders. Explore these disorders in order to increa

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