

EATING DISORDERS




EATING DISORDER DEFINITION

- a compulsion to eat or avoid eating that negatively affects every part of a person's life, including school, work, relationships, day-to-day activities, physical health, emotional well-being and mental health.



Causes of Eating Disorders

- 
- Negative body image
 - Stress
 - Personal tragedy
 - Low self-esteem
 - Feeling over-whelmed/out of control
 - Peers
 - Feelings of being overweight

The Risks of a Negative Body- Image

- The American College of Obstetricians and Gynecologists lists these statistics about unhealthy body image and eating disorders:
- Almost 54 percent of American girls and women aged 12 to 23 years old are unhappy with their bodies
- One-third of high school students thought they were overweight when they were not
- Roughly 75 percent of girls as young as 9 years old have dieted from 2 to 5 times in a given year
- At any given time, 5 to 10 million women and girls have eating disorders that harm their health, including anorexia nervosa and bulimia




Health Risks of Eating Disorders

- exhaustion
- insomnia
- muscle spasms
- hair loss
- anemia
- blood pressure problems
- loss of menstrual period
- delayed puberty
- stunted growth
- blood sugar problems

- dehydration
- loss of bone and muscle mass
- problems with teeth and gums
- lanugo (fine hair covering face and body from lack of protein)
- kidney damage
- digestive problems
- death from cardiac arrest, electrolyte imbalance or suicide

Warning Signs of Eating Disorders



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- dramatic weight loss
 - denying hunger
 - excessive exercising
 - wearing baggy clothes
 - using laxatives or diuretics
 - withdrawing from family and friends
 - obsessing over calories and fat grams
 - going to the bathroom immediately after eating

ANOREXIA

- Also known as Anorexia Nervosa
- A serious and sometimes deadly disease.
- People with anorexia see themselves as overweight even when they are not.
- Limit the amount of food they eat, restrict the kinds of food they will eat and can compulsively exercise to try to keep their weight down.
- Estimated that up to 10% of people with anorexia will die from complications of the disease.

VIDEOS ON EATING DISORDERS

- <http://www.youtube.com/watch?v=RFvb1Hxz4To> –
Manorexia
- <http://www.youtube.com/watch?v=qPotwyqBWIk> –
Dr. Phil Bulimia
- <http://www.youtube.com/watch?v=CvuCdcMOyoo> –
True Life – I have an eating disorder
- <http://www.youtube.com/watch?v=VS2mfWDryPE> –
Isabella's story on Dateline about anorexia. She passed away at age 28.

BULIMIA

- Eating disorder of bingeing and purging.
- People with bulimia will eat, often to excess, and will find ways of ridding their bodies of the food.
- Purging can mean vomiting, using laxatives, excessive exercise or otherwise "getting rid of" what was eaten through other means.
- Bulimia can lead to various physical problems such as teeth erosion, swallowing issues, rupture of the esophagus, stomach damage, rectal damage and dehydration.

BULIMIA CYCLE



BULIMIA

- Purging isn't effective at getting rid of calories, which is why most people suffering with bulimia end up gaining weight over time.
- Vomiting immediately after eating will only eliminate 50% of the calories consumed at best—and usually much less. This is because calorie absorption begins the moment you put food in the mouth.
- Laxatives and diuretics are even less effective. Laxatives get rid of only 10% of the calories eaten, and diuretics do nothing at all. You may weigh less after taking them, but that lower number on the scale is due to water loss, not true weight loss.

BINGE EATING DISORDER or COMPULSIVE OVEREATING

- uncontrolled, impulsive or continuous eating beyond the point of feeling full, often accompanied by shame, guilt, low self-esteem and self-hatred.
- Unlike those with bulimia nervosa, victims do not purge after a binge episode, but may attempt to fast or diet repetitively.



Muscle Dysmorphia or “Bigorexia”

- a mental disorder where the person becomes obsessed with building muscle and just can't get large enough.



Compulsive Exercising or Exercise Addiction

- when a person does not enjoy exercising, but feels guilt and anxiety when missing a workout and schedules life around exercise just like people with eating disorders schedule life around eating or not eating.
- Often occurs with other eating disorders.



HOW TO GET HELP!!

- Learn about eating disorders
- Talk in private
- Tell a friend how much you care
- Give your friend time and space to respond
- Encourage the person to seek professional help
- Avoid conflicts or a battle of wills
- Avoid placing shame, blame, or guilt
- Tell a responsible adult (teacher, parent, counselor...)
- CRISIS CENTER: 436-8888 - 24 hour hotline

SUCCESSFUL TREATMENTS

- Psychotherapy
- Family Therapy
- Medication
- Eating Disorder Clinic
- Nutritionist
- The person with an eating disorder must be actively involved in their own treatment.