

Eating disorders

Anorexia nervosa
Underweight
Appetite
Anorexic

Food

Obesity
DiETING
Eating Habits

Teenagers
Weight loss
Symptoms
Body weight
Food restriction

Distorted body image
Skinny
Body weight
Bulimic

Treatment

Fashion magazines
Food restriction
Bulimic
Fashion magazines

Eating disorders

Distorted body image

Health problems
Appetite
Symptoms

Appetite
Anorexia nervosa
Bulimia nervosa
Weight gain
Medical condition
Teenagers

Weight loss
Skinny
Size zero
Self-perception
Anorexic
Malnutrition
Weight gain

Self-esteem

Weight gain
Skinny
Weight loss

Diet pills
Underweight
Self-esteem
Health problems

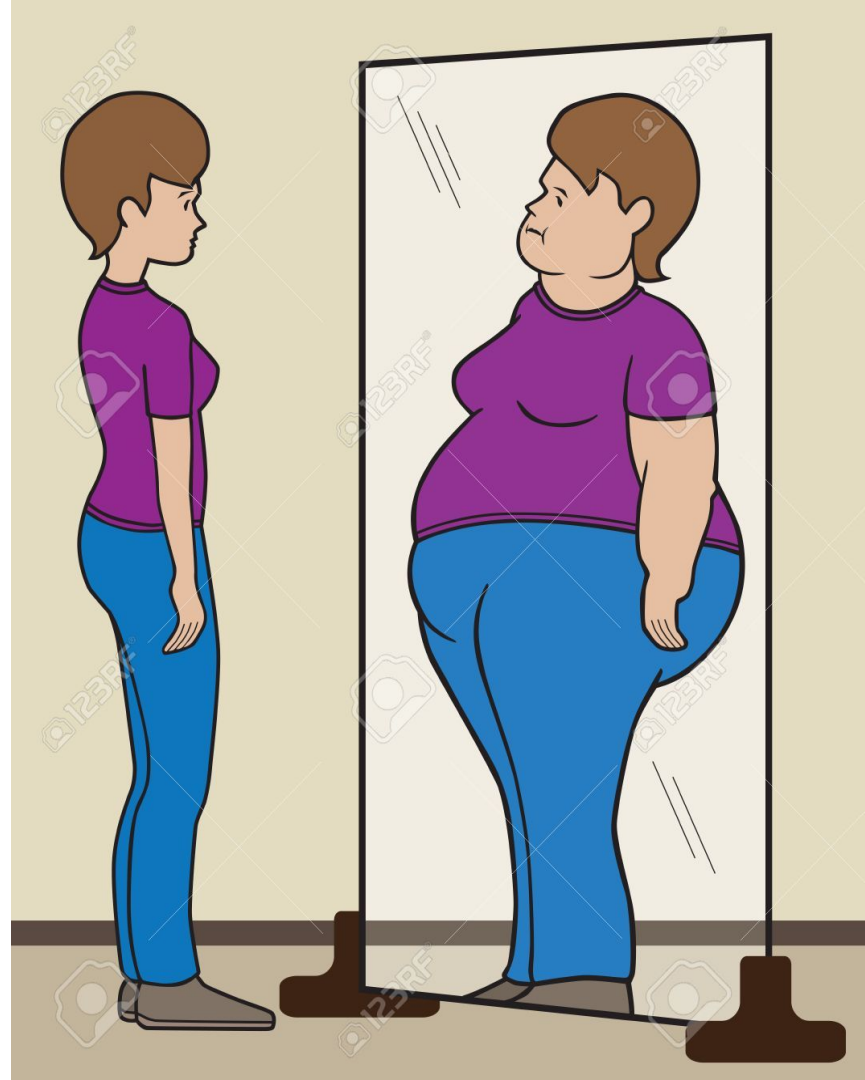
Bulimia nervosa
Calories
Eating Habits
Anorexia nervosa

Eating disorders
Body Weight
Diet pills
Malnutrition
Teenagers
Anorexic
Health
Size zero
Food restriction

Health
Bulimic
Diet pills
Health
Food
Underweight
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Self-perception
Obesity
Calories

Do Now:

Check your knowledge sheet



What is an eating disorder?

Any of a range of psychological disorders characterized by abnormal or disturbed eating habits



What are eating disorder causes?

- Self esteem issues
- Body image issues
- Societal pressures.
- Genetic factors
- Depression, anxiety and other mood disorders
- Personality disorders
- Obsessive-compulsive disorders



Eating disorders statistics

At least 30 million people of all ages and genders suffer from an eating disorder in the U.S

Every 62 minutes at least one person dies as a direct result from an eating disorder

Eating disorders have the highest mortality rate of any mental illness

Four out of ten individuals have either personally experienced an eating disorder or know someone who has

What are some physical signs and symptoms?

- Extreme weight loss or not making expected developmental weight gains
- Thin appearance
- Abnormal blood counts
- Fatigue
- Insomnia
- Dizziness or fainting
- Bluish discoloration of the fingers
- Hair that thins, breaks or falls out
- Soft, downy hair covering the body
- Absence of menstruation
- Constipation and abdominal pain
- Dry or yellowish skin
- Intolerance of cold
- Irregular heart rhythms
- Low blood pressure
- Dehydration
- Swelling of arms or legs
- Eroded teeth and calluses on the knuckles from induced vomiting

What are some emotional signs and symptoms?

- Preoccupation with food, which sometimes includes cooking elaborate meals for others but not eating them
- Frequently skipping meals or refusing to eat
- Denial of hunger or making excuses for not eating
- Eating only a few certain "safe" foods, usually those low in fat and calories
- Adopting rigid meal or eating rituals, such as spitting food out after chewing
- Not wanting to eat in public
- Lying about how much food has been eaten
- Fear of gaining weight that may include repeated weighing or measuring the body
- Frequent checking in the mirror for perceived flaws

Continued

- Complaining about being fat or having parts of the body that are fat
- Covering up in layers of clothing
- Flat mood (lack of emotion)
- Social withdrawal
- Irritability
- Insomnia
- Reduced interest in sex

What makes you more susceptible to eating disorders ?

- **Genetics**. Changes in specific genes may put certain people at higher risk of an eating disorder. Those with a first-degree relative — a parent, sibling or child — who had the disorder have a much higher risk of anorexia.
- **Dieting and starvation**. Dieting is a risk factor for developing an eating disorder. There is strong evidence that many of the symptoms of anorexia are actually symptoms of starvation. Starvation affects the brain and influences mood changes, rigidity in thinking, anxiety and reduction in appetite. Starvation and weight loss may change the way the brain works in vulnerable individuals, which may perpetuate restrictive eating behaviors and make it difficult to return to normal eating habits.
- **Transitions**. If it's a new school, home or job; a relationship breakup; or the death or illness of a loved one, change can bring emotional stress and increase the risk of anorexia.

What is bulimia?

Bulimia is characterized by binge eating (eating large amounts of food in a short time, along with the sense of a loss of control) followed by a type of behavior that compensates for the binge, such as purging (e.g., vomiting, excessive use of laxatives, or diuretics), fasting, and/or excessive exercise.

What is anorexia?

- Anorexia is also known as Anorexia Nervosa
- Anorexia- is an eating disorder characterized by an abnormally low body weight, intense fear of gaining weight and a distorted perception of body weight.
- This is extreme dieting and weight loss that can lead to fatal degree of malnutrition

Treatment

- This may be treated in an outpatient setting or can be hospitalized if it gets that severe
- Schedules for eating
- Decreased Physical Activity
- Increased social activity
- It's more than just weight gain. You must help them physiologically.
- Physiological and cognitive therapy have shown signs of success
- You must find the underlying cause of anorexia in order to help it