

## EATING DISORDERS

Eating Disorders: abnormal food intake stemming from emotional causes and related to addiction

Perfectionist Causes:  
Societal Pressures -  
Distorted Body Image  
Family and Relationship problems  
Low Self Esteem  
Athletic demands

### Anorexia Nervosa: individual denies they have a problem

- body type- skinny-may lose up to 25-50% of body weight
- as few as several hundred calories consumed in a day
- obsessive calorie counting and exercising
- food is the enemy
- damage to heart, kidney, and reproductive system
- symptoms: lanugo (soft body hair), brittle hair and nails, sunken eyes, loss of menstrual cycle, leg cramps, depression
- usually a perfectionist (always trying to please others)-avoids sexual relationships
- death most often occurs from heart failure
- high risk for suicide/ **difficult to treat because of strong denial**

### Bulimia Nervosa: (also called Bulimia with Purging)

- **Individual admits to problem-experiences great guilt**
- Body type- usually normal body weight
- Consumes large amounts of food in short period of time
- Purges (eliminates food) through use of laxatives, induced vomiting, diuretics or intense exercise
- Fear of fat
- Symptoms-loss of tooth enamel, raspy voice, bruised fingers, sores in corners of mouth, depression
- Personal relationships tend to be short term
- Menstrual cycle may be present, irregular or absent
- Individual may be involved in self-mutilation
- Death occurs from electrolyte imbalance (kidney and heart failure), hemorrhaging (stomach bleeds from force of vomiting)
- High risk for suicide

## **Binge Eating Disorder**

Compulsive  
Over eating

- Body type –often obese
- Often overlooked as an eating disorder
- Individual frequently experiences strong feelings of guilt
- Emphasis on being liked
- Secret eating
- Might go through cycles of weight loss dieting followed by weight gain
- Menstrual cycle may be present, absent or irregular
- High risk for suicide

### All Eating Disorders are Treatable

- Sooner treatment sought the better chance for recovery
  - Psychological counseling
  - Possible anti-depressant medication
    - Nutrition education
- Medical exam to evaluate any physical problems as a result of the disorder
  - Inpatient or out patient (depending on the severity)

Although eating disorders are more common in women, there has been a significant increase in occurrence among men.  
20% percent of people with eating disorders will die 10% from suicide