

Eating Disorders

What are the Eating Disorders?

- **Anorexia Nervosa**- Desire of THINNESS, fear of fat even when malnourished, NO Sexual Drive, defensive of weight and diet/eating habits, distorted body image, fear of obesity or weight gain, high standards for success/achievement
 - **Females**- loss of menstrual periods
 - **1 in 200 Women**- ages 12 to 30, 5% college aged, 10% male, death rate 10-20%
- **Bulimia Nervosa**- Binge & Purge (self induced vomiting or misuse of laxatives, diuretics, or enemas to rid the body of food), over concern of thinness, weight
 - Dieting when not binge eating, loss of control
 - Laxative abuse, vomiting, fasting, exercising to prevent weight gain
 - **Some cases**- shop lifting, casual sex, abuse of drugs or alcohol, smoking, binge spending, often unhealthy exercise, starving
- **Compulsive Eating/Overeating**- See FFF handout for Overeating
 - **Binge Eating**- snacking, eating throughout the day, foods of choice are high fat/calorie, or high sodium/calorie- these are comfort foods
 - Anger, rebellion, relieve stress, control, attention
 - **AVOID**- exercising, vomiting, abuse of laxatives, fasting



Facts:

- **Diet**- 2/3 of all Girls, small percentage develop anorexia Nervosa
- **Anorexia**- Lack of appetite, most exercise excessively
 - **Normal**- low heart rate, low blood pressure, low body temperature, edema, soft hair, excessive facial and body hair, depression, heart gets weaker and pumps less blood, dehydrated and prone to fainting



What can I do?

- **See your Health Care Provider or Dentist**- erosion of tooth enamel
 - psychotherapy, antidepressants
- **See a Registered Dietitian**- for help as needed
- **Take Care of Yourself**- develop good and healthy eating habits, exercise habits, physical and emotional control

