Notes: Eating Disorders

# What is an eating disorder?

When a person experiences \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Could be:

* extreme reduction of food intake
* Overeating

These behaviours are often accompanied with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

A person with an eating disorder may have started out just eating smaller or larger amounts of food than usual, but at some point, the urge to eat less or more \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

People with eating disorders are usually \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ about their eating, purging or lack of eating.

# Anorexia Nervosa

Is an eating disorder characterized by a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

The individual has an irrational dread of becoming fat even though they are underweight

* They are generally less than 85% of a “normal” body weight

Plus a relentless pursuit of thinness because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# Bulimia Nervosa

Bulimia is characterized by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The individual will over eat (binge) followed by some behavior to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_ \_\_\_\_ \_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_

* Things like self-induced vomiting, use of laxatives/diuretics, excessive exercise, fasting, diet pills, etc.

Dissatisfaction with body shape and weight

## Types of Bulimia

**Purging type** bulimics \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (usually by triggering the gag reflex)

**Non-purging type** bulimics (approximately 6%-8% of cases) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ after a binge to offset the caloric intake after eating.

# Eating Disorder are Psychological Disorders

It is important to remember that these are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* These are forms of mental illness

Certain factors seem to be linked to the development of an eating disorder:

* Dieting history
* Childhood preoccupation with a thin body and social pressure
* Sports in which leanness is emphasized or in which scoring is subjective (ballet, running, gymnastics)
* Some studies suggest a role for genetics
* Psychiatric problems are common in patients with eating disorders, including depression, anxiety disorders, obsessive-compulsive disorder, and substance abuse
* Family stress
* Neurotransmitter imbalance

# Eating disorders in Men

Although more common in women, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

There is still little research to provide exact rates of occurrence of eating disorders in young males but best estimates are that 25% of diagnosed cases are in males (90’s = 10%)

Age of diagnosis: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Boys are often more social isolated than girls when diagnosed with an eating disorder; less likely to discuss body size/image/food with peers

## Some statistics

25% of normal weight males perceive themselves to be underweight

90% of teenage boys reported exercising with the goal of “bulking up”

68% of college-aged males reported having “too little muscle”

# Why do people become Anorexic?

* Low \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* One thing they can \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Stress
* Guilt
* Body dissatisfaction
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Sexual \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ as a child

# Healthy Diets vs Anorexia

|  |  |
| --- | --- |
| **Healthy Diet Changes** | **Anorexia** |
| Weight loss is viewed as a way to improve health and appearance.  | Weight loss is viewed as a way to achieve happiness.  |
| Self-esteem is based on more than just weight and body image.  | Self-esteem is based entirely on how much you weigh and how thin you are.  |
| Is an attempt to control weight, the goal is to lose weight in a healthy way | Is an attempt to control your life and emotions, becoming thin is all that matters; health is not a concern |

# Statistics in Teenagers

* Anorexia is the third most common chronic illness among adolescents.
* 1% of men have an eating disorder.
* 40 – 60% of high school girls diet.
* 50% of girls between the ages of 13 and 15 believe they are overweight.
* 80% of 13 year-old girls have dieted.
* 40% of 9 year-old girls have dieted.

# Signs

* Being able to determine that someone has an eating disorder is not always easy.
* They become masters at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_and are always ready with a legitimate excuse for their behavior.

## Things to Look for:

* Dieting despite being thin
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, fat and nutrition
* Pretending to eat
* Lying about eating
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Always going to the bathroom during or after meals

## Symptoms

* Sudden dramatic weight loss
* Amenorrhea (\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_)
* Bone density loss
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Lanugo: fine hair that grows on the skin to keep it warm
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# Can people die from Anorexia?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_… from:

* Heart failure
* Kidney failure
* Lung failure
* Multiple organ failure

## Why?

* The body and its vital organs are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ obtained from food.
* The energy allows the body and its systems to function normally on a daily basis.

# Hope

* With counseling and support from loved ones, anorexics \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Nearly 50 percent of anorexia sufferers recover

# What to do

What to do if you suspect you or a friend have an eating disorder:

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	+ parent, teacher, guidance counselor…even someone outside of school
* Just do **NOT** keep the information to yourself