

Eating Disorders

★ ★ Eating Disorder - a mental disorder that reveals itself through abnormal behaviors related to food

Eating disorders are about more than just food. They are about emotions, thoughts, and attitudes.

Eating disorders affect females more than males, but males do develop eating disorders. Because of the stereotype that eating disorders only affect females, males are even less likely than females to seek help for an eating disorder.

★ ★ Anorexia Nervosa - a mental disorder where a person does not eat enough food to maintain a healthy body weight

People with anorexia may...

have intense fear of gaining weight

have low body weight for his or her height

thinks about food a lot

resist keeping a normal body weight

limits the food she or he eats even though she or he is too thin

think he or she is fat even when very thin

use food or starving oneself to feel more in control of life and to ease tension, anger and anxiety

miss 3 menstrual periods in a row

Anorexia Nervosa

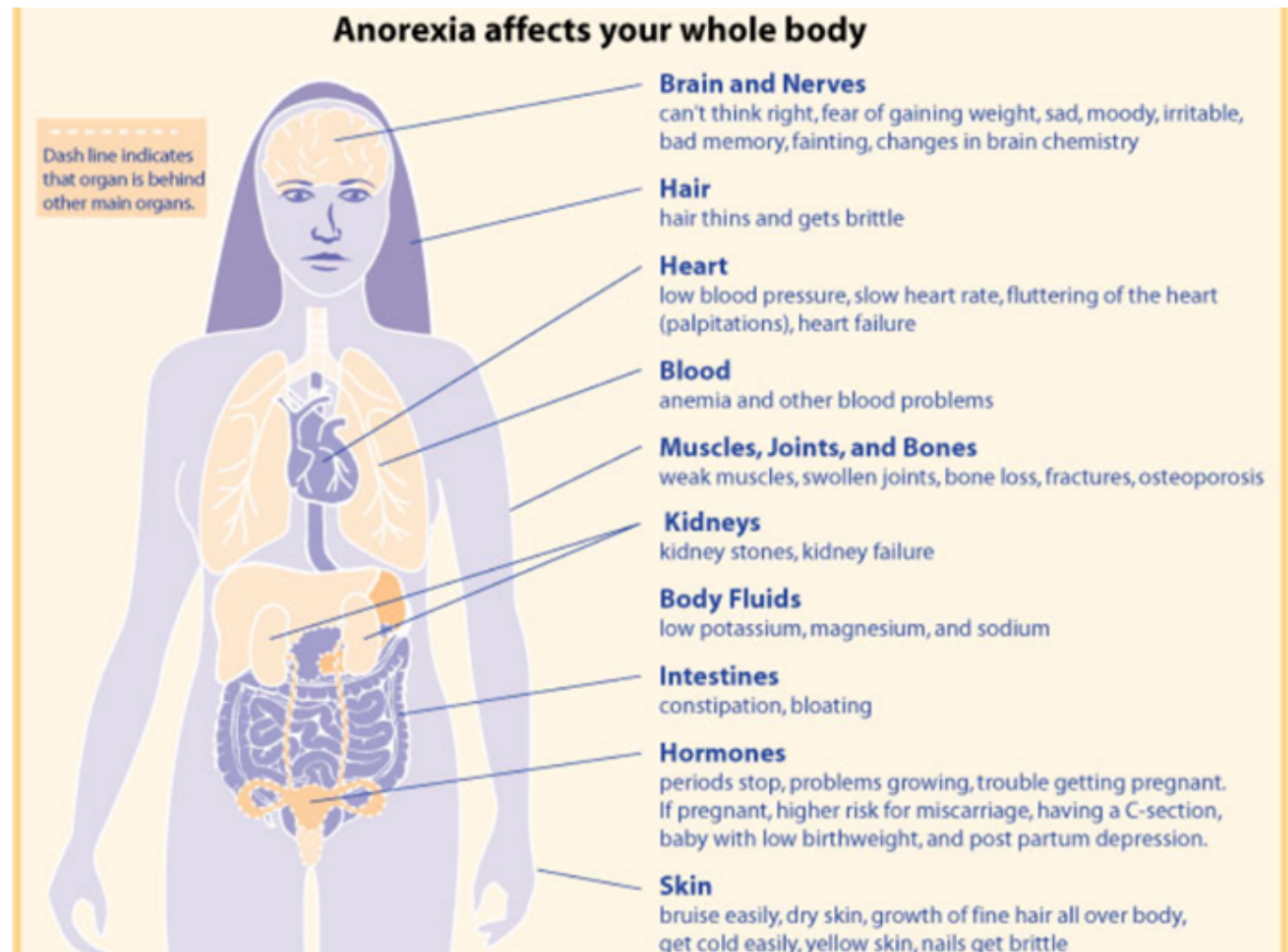
500 Calories or Less

Body Frame: Emaciated / Very Skinny

May use laxatives, diet pills or purging to lose weight

Body image problem / Control issues

People with anorexia can starve to death. In some cases, lack of essential minerals causes the heart to stop suddenly, leading to death.



Signs of Anorexia...

Making self throw up

Weighing food and counting calories

Taking pills to urinate or b.m.

Moving food around the plate instead of eating it

Taking diet pills

Wearing baggy clothes

Not eating, eating very little

Wont eat in front of others

Exercising a lot, even in bad weather or when hurt or tired

Weighing themselves several times a day/fearing weight gain

Risk Factors for Anorexia...

1. Culture: thin is beautiful
2. Families: mother or sister anorexic, parents who feel looks are important, diet themselves, or criticize their children's bodies
3. Life Changes / Stressful Events: traumatic experiences like rape or stressful events like starting a new job
4. Personality Traits: people who do not like themselves, hate the way they look, feels hopeless - often a perfectionist
5. Biology: hormones and chemicals in the brain may be factors in developing anorexia