

# EATING DISORDERS

<b>ANOREXIA NERVOSA</b>	<b>BULIMIA NERVOSA</b>	<b>BINGE EATING DISORDER</b>
<p><b>Anorexia Nervosa</b> is characterized by self induced starvation and extreme weight loss. Symptoms include: a refusal to maintain body weight at or above a minimally normal weight (85% or less) for height, body type, age, and activity level; an intense fear of being “fat” or gaining weight; feeling “fat” or overweight despite dramatic weight loss; a disturbance in the way one’s body is perceived (distorted body image); amenorrhea (the loss of three or more consecutive menstrual cycles); and extreme concern/distress with body weight and shape.</p> <p><u><b>Symptoms of Anorexia</b></u></p> <ul style="list-style-type: none"> <li>• Drastic weight loss and weight is still dropping</li> <li>• Distorted body image</li> <li>• Intense fear/anxiety about gaining weight</li> <li>• Preoccupation with weight, calories, food, etc.</li> <li>• Feelings of guilt after eating</li> <li>• Denial of hunger</li> <li>• Low self-esteem</li> <li>• Avoids many social situations, and withdraws from usual friends and activities</li> <li>• Constant excuses for not eating</li> <li>• Frequent comments about feeling “fat” despite weight loss</li> <li>• Develops certain food rituals</li> <li>• Paleness, dizziness, or fainting spells</li> <li>• Intense, dramatic mood swings</li> <li>• Gaunt appearance, yellowish skin-tone, and dark circles below the eyes</li> <li>• Constant complaints of being cold</li> <li>• Hair loss</li> <li>• Cessation of a period for three or more consecutive cycles</li> <li>• Exhaustion and Fatigue</li> <li>• Wearing loose clothing</li> <li>• Abuse of laxatives, diet pills, or diuretics</li> <li>• Excessively and compulsively exercises</li> </ul> <p><u><b>Medical Complications of Anorexia</b></u></p> <ul style="list-style-type: none"> <li>• Amenorrhea (cessation of menstrual cycle)</li> <li>• Severe dehydration that can lead to kidney failure</li> <li>• Memory loss and disorientation</li> <li>• Fainting and fatigue</li> <li>• Chronic constipation</li> <li>• Muscle loss and weakness (including heart)</li> <li>• Abnormally slow, irregular heartbeat that can lead to heart failure</li> <li>• Bone density loss, leads to osteoporosis</li> <li>• Shrunken organs</li> <li>• Fluid and Electrolyte imbalances</li> <li>• <b>DEATH</b></li> </ul>	<p><b>Bulimia Nervosa</b> is a life threatening eating disorder that is characterized by bingeing and purging. Symptoms include: repeated episodes of bingeing and purging; eating beyond the point of fullness and feeling out of control during a binge; purging after a binge (by means of self-induced vomiting, excessive use of laxatives, diet pills and/or diuretics, extreme exercise, and/or fasting); frequent dieting; and extreme concern with body weight and shape. The bulimic cycle becomes habitual and highly addictive.</p> <p><u><b>Symptoms of Bulimia</b></u></p> <ul style="list-style-type: none"> <li>• Bingeing and Purging</li> <li>• Secretive Eating—Missing Food</li> <li>• Visits to the bathroom after meals</li> <li>• Feelings of guilt after eating</li> <li>• Severe self-criticism</li> <li>• High levels of anxiety and/or depression</li> <li>• Preoccupation with food</li> <li>• Feels like he/she has no control over food</li> <li>• Poor self-esteem</li> <li>• Average weight fluctuations (10-20 lbs.)</li> <li>• Excessive and compulsive exercise regimes—despite fatigue, illness or injury</li> <li>• Abuse of laxatives, diet pills, ipecac, and/or diuretics</li> <li>• Swollen, parotid glands in neck</li> <li>• Discoloration and/or tooth decay</li> <li>• Constant sore throat</li> <li>• Broken blood vessels in eyes</li> <li>• Calluses on the back of the hands and knuckles from self-induced vomiting</li> <li>• Withdrawal from usual friends and activities</li> <li>• Decreased impulse control— i.e. drugs, alcohol, spending, mood, etc.</li> </ul> <p><u><b>Medical Complications of Bulimia</b></u></p> <ul style="list-style-type: none"> <li>• Electrolyte imbalances that can lead to irregular heartbeats and possibly heart failure</li> <li>• Vitamin and mineral deficiencies</li> <li>• Gastrointestinal problems</li> <li>• Chronic irregular bowel movements and constipation</li> <li>• Inflammation and possible rupture of the esophagus</li> <li>• Tears in the lining of the stomach</li> <li>• Chronic Kidney problems/failure</li> <li>• Tooth decay</li> <li>• Irregular heartbeat that can lead to cardiac arrest</li> <li>• <b>DEATH</b></li> </ul>	<p><b>Binge Eating Disorder</b> is characterized by frequent episodes of bingeing (eating large quantities of food in a short amount of time) without the purging behavior of Bulimia. When in the binge, he/she will feel out of control over eating and feel unable to stop eating. Following the binge comes feelings of guilt and shame, then by anxiety and/or depression. Individuals may binge to comfort themselves and numb emotional pain. It is estimated that more people battle this eating disorder than any of the other eating disorders.</p> <p><u><b>Symptoms of Binge Eating Disorder</b></u></p> <ul style="list-style-type: none"> <li>• Rapid weight gain</li> <li>• Eating large quantities of food even when not hungry</li> <li>• Eating food to the point that one is uncomfortable and even in pain</li> <li>• Uses food as a “drug” : self-medicate</li> <li>• Eating late at night</li> <li>• Hiding food around the home in anticipation of the binge</li> <li>• Disgust and shame after overeating</li> <li>• Feeling out of control over food</li> <li>• Depressed and anxious mood</li> <li>• Constantly going from one diet to the next</li> <li>• No purging behaviors are used to get rid of food or calories</li> <li>• Frequent weight fluctuations</li> <li>• Experiences an abnormally low self-esteem</li> <li>• Sexual avoidance</li> <li>• Attributes any successes or failures to weight</li> <li>• Avoids many social situations</li> </ul> <p><u><b>Medical Complications of Binge Eating Disorder</b></u></p> <ul style="list-style-type: none"> <li>• Obesity</li> <li>• Diabetes Mellitus</li> <li>• Osteoarthritis</li> <li>• High Cholesterol</li> <li>• High Blood Pressure</li> <li>• Menstrual Irregularities</li> <li>• Chronic kidney problems/failure</li> <li>• Heart Disease</li> <li>• Gallbladder Disease</li> <li>• Certain types of cancer</li> <li>• <b>DEATH</b></li> </ul>