

I KNOW SOMEONE WITH AN... EATING DISORDER

Inside the Mind of Someone Struggling:

It's more than just an obsession over calories, fats, weight and how your body looks...its slavery. Your life becomes about following the rules of your eating disorder and if you break a rule you get punished. Your mind can't think properly. No matter what the scale says the mirror says something else. You're never good enough, never thin enough, never pretty enough. And when you want so badly to quit, the lies of the eating disorder come back and say "Stay with me and you will be happy, you'll be more beautiful, you'll be thin, you're life will be perfect if you can just stick this out." None of the statistics mattered, none of the side effects, not even death scare most. Because the fear of being fat overrule all else.

Definitions and Key Thoughts:

Body image and eating disorders go hand in hand. There is a pressure out there for young women to be thin and the kind of beautiful the media portrays. Eating disorders are characterized by an obsession with food and compulsive behaviors relating to eating.

WARNING SIGNS

- Unnatural concern about body weight
- Obsession with calories, fat grams and food
- Use of any medication to keep from gaining weight (diet pills, laxatives)
- Throwing up after meals
- Refusal to eat or lying about eating
- Fainting
- Over-exercising
- Not having periods
- Calluses or scars on knuckles (from forced throwing up)
- Denying there is anything wrong

STATISTICS

40-60% GIRLS AGED 6-12
BEGIN TO EXPRESS
CONCERNS ABOUT WEIGHT
OR BECOMING FAT.

OVER 50% OF TEEN GIRLS
HAVE UNHEALTHY WEIGHT
CONTROL BEHAVIORS SUCH
AS VOMITING, SKIPPING
MEALS, FASTING AND
LAXATIVES.

35-57% OF TEENAGE GIRLS
CRASH DIET

1000-1500 PEOPLE DIE
ANNUALLY DUE TO EATING
DISORDERS.



ANOREXIA

Anorexia Nervosa is a disorder that causes individuals to severely restrict their calorie intake. It causes them to become obsessed with body image and a desire to be sickly thin. They are so afraid of becoming over weight or even average weight that they will do almost anything to prevent it. Anorexics use starvation, pills, laxatives, water pills and excessive exercise to lose weight. But no matter how much weight they lose, it is never enough. When an individual who is struggling with an eating disorder looks in the mirror, they see one thing and that is “still too fat.” They may become so malnourished that their lives are in danger.

In fact, the number one mental illness that causes death is in fact eating disorders.

IF ANOREXIA GOES UNTREATED IT CAN CAUSE SIGNIFICANT HEALTH PROBLEMS SUCH AS:

STOMACH PROBLEMS, HEART PROBLEMS, IRREGULAR PERIODS,
FINE HAIR ALL OVER BODY, DRY SCALY SKIN, DEATH

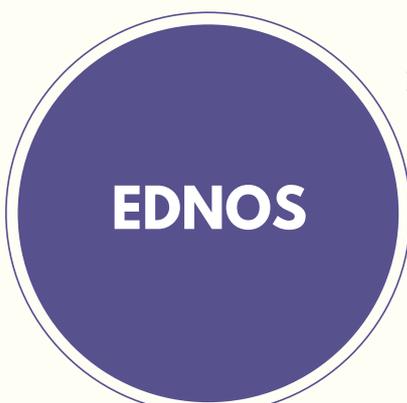
Bulimia involves 2 primary behaviors; eating a lot of food at once (binging) and then throwing up or using laxatives to remove the food from the body (purging). After binging, some fast or over exercise to prevent weight gain. They are very secretive about their binging and purging.

IF GONE UNTREATED BULIMIA CAN CREATE SIGNIFICANT HEALTH PROBLEMS SUCH AS:

STOMACH PROBLEMS, HEART PROBLEMS, KIDNEY PROBLEMS,
DENTAL PROBLEMS, DEHYDRATION



BULIMIA



EDNOS

EATING DISORDER NOT OTHERWISE SPECIFIED (EDNOS)

Not many are aware of this type of eating disorder therefore causing it to go untreated. This eating disorder takes the form of the two above but not as severely:

Atypical Anorexia (weight is not below average)

Bulimia (with less frequent behaviours)

Binge eating (with less frequent occurrences)

Purging (without eating)

EATING DISORDERS ARE VERY SERIOUS SIGNS OF EMOTIONAL WOUNDS. IT'S VERY IMPORTANT TO SEEK PROFESSIONAL HELP INCLUDING A PHYSICIAN, NUTRITIONIST AND THERAPIST. THERE IS A WAY OUT. THERE IS HOPE. THERE IS A CURE. MANY HAVE WALKED AWAY AND HAVE NEVER GONE BACK.