

Eating Disorders by Myrto, Yazid, Jason

EATING DISORDERS ARE MENTAL DISORDERS DEFINED BY ABNORMAL EATING HABITS THAT NEGATIVELY AFFECT A PERSON'S PHYSICAL OR MENTAL HEALTH.

SOME OF THEM ARE:

- ANOREXIA NERVOSA (WEIGHT IS NOT BELOW NORMAL)
- BULIMIA NERVOSA (WITH LESS FREQUENT BEHAVIORS)
- BINGE-EATING DISORDER (WITH LESS FREQUENT OCCURRENCES)
- PURGING DISORDER (PURGING WITHOUT BINGE EATING)
- NIGHT EATING SYNDROME (EXCESSIVE NIGHTTIME FOOD CONSUMPTION)

Anorexia nervosa

- ▶ Inadequate food intake leading to a weight that is clearly too low.
- ▶ Intense fear of weight gain, obsession with weight and persistent behaviour to prevent weight gain.
- ▶ Self-esteem overly related to body image.
- ▶ Inability to appreciate the severity of the situation.



What is Bulimia and who is affected

▶ WHAT IS BULIMIA

Everyone has their own eating habits – for example, people with a food intolerance need to avoid eating certain foods to stay healthy. However, people suffering from eating disorders tend to use their eating habits and behaviours to cope with emotional distress, and often have an abnormal or unrealistic fear of food, calories and being fat.

Because of this fear, people with bulimia nervosa tend to restrict their food intake. This results in periods of excessive eating and loss of control (binge eating), after which they make themselves vomit or use laxatives (purging). They purge themselves because they fear that the bingeing will cause them to gain weight, and usually feel guilty and ashamed of their behaviour. This is why these behaviours are usually done in secret.

▶ WHO IS LIKELY TO BE AFFECTED

As with all eating disorders, women are much more likely to develop bulimia than men.

However, bulimia nervosa is becoming increasingly common in boys and men. There are an estimated 1.6 million Britons suffering from some form of eating disorder, and reports estimate that up to 25% may be male.

Recent studies suggest that as many as 8% of women have bulimia at some stage in their life. The condition can occur at any age, but mainly affects women aged between 16 and 40 (on average, it starts around the age of 18 or 19).

Bulimia nervosa can affect children, but this is extremely rare.

What causes an eating problem?

- ▶ Difficult life experiences
- ▶ Family issues
- ▶ Personality traits
- ▶ Physical and mental health problems
- ▶ Social pressure

