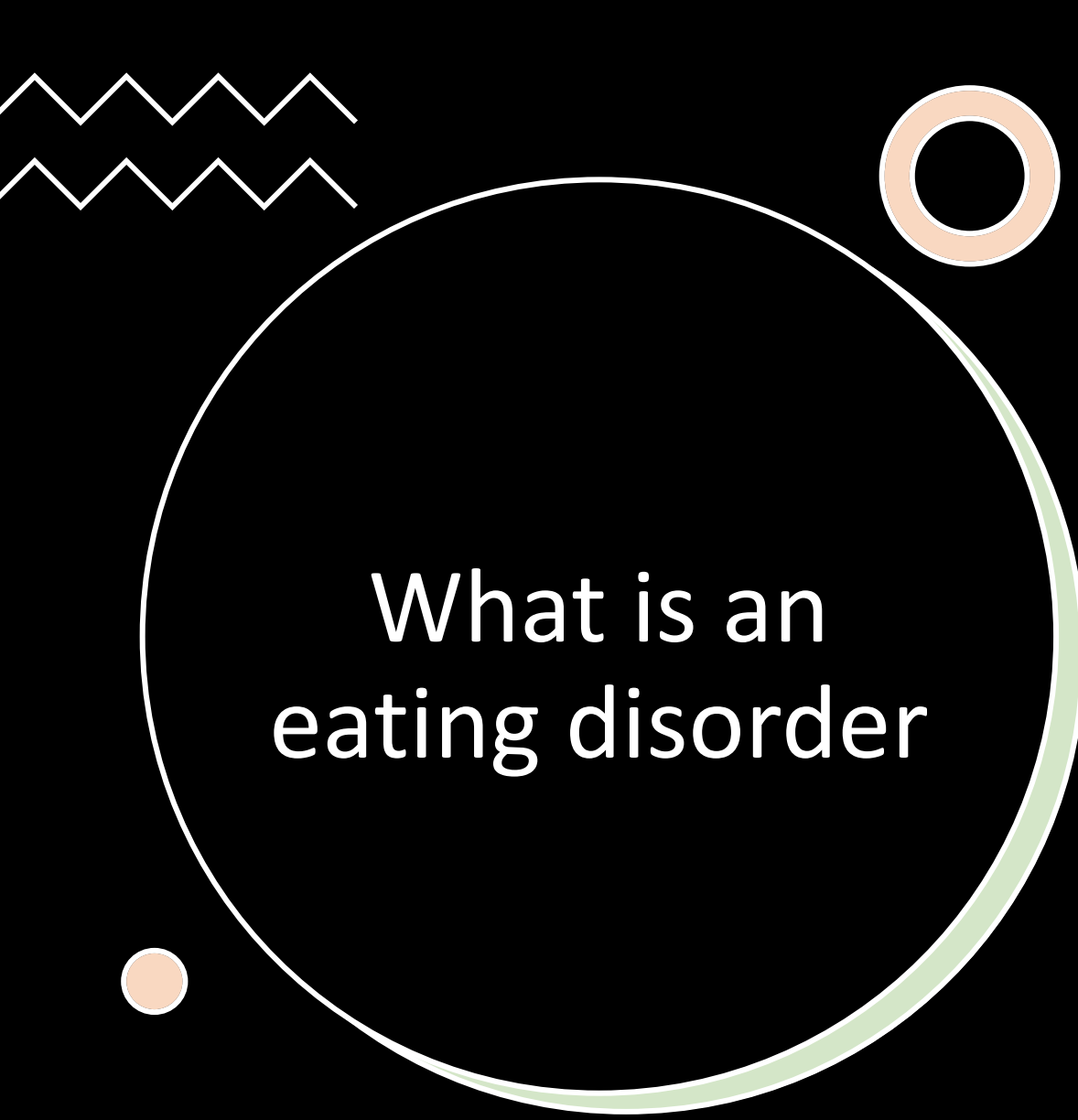


EATING DISORDERS





What is an eating disorder

- Eating disorders are problems that affect a person's eating behaviors as well as their feelings about food — and about their body.
- Eating disorders affect a person's mental health and can cause serious harm to a person's physical health.





Different
types of
eating
disorders:

Anorexia nervosa

- eat very little on purpose, leading to a very low body weight
 - have an intense fear of weight gain and fear looking fat
 - have a distorted body image and see themselves as fat even when they are very thin
-
- People with anorexia are very strict about what and how much they will eat. They may think about food or calories almost all the time.
 - To lose weight, some people with anorexia fast or exercise too much . Others may use laxatives, diuretics (water pills), or enemas.



NORMAL

BRAIN

fainting
fatigue
Bad memory

HEART

Low heart rate
Low blood pressure
Risk of heart failure

INTESTINES

constipation
Bloating

SKIN

Becomes yellow
Becomes dry

HAIR

thinning
hair loss
Dry hair

KIDNEYS

Severe
dehydration
Kidney failure

MUSCLE

muscle loss
overall weakness
Pains

BONE

osteoporosis

ANOREXIA

Bulimia nervosa

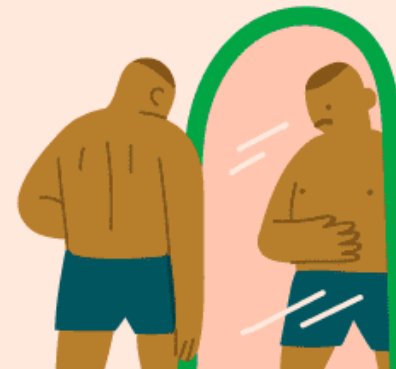
People with bulimia eat much more (during a set period of time) than most people would. If a person regularly binges and purges, it may be a sign of bulimia. Unlike people with anorexia who are very low weight, people with bulimia may be thin, average weight, or overweight. People with bulimia often hide their eating and purging from others.



Eating a significant amount of food in a limited time (binging)



Experiencing feelings of guilt, shame, or anxiety after eating



Preoccupation with body weight or shape



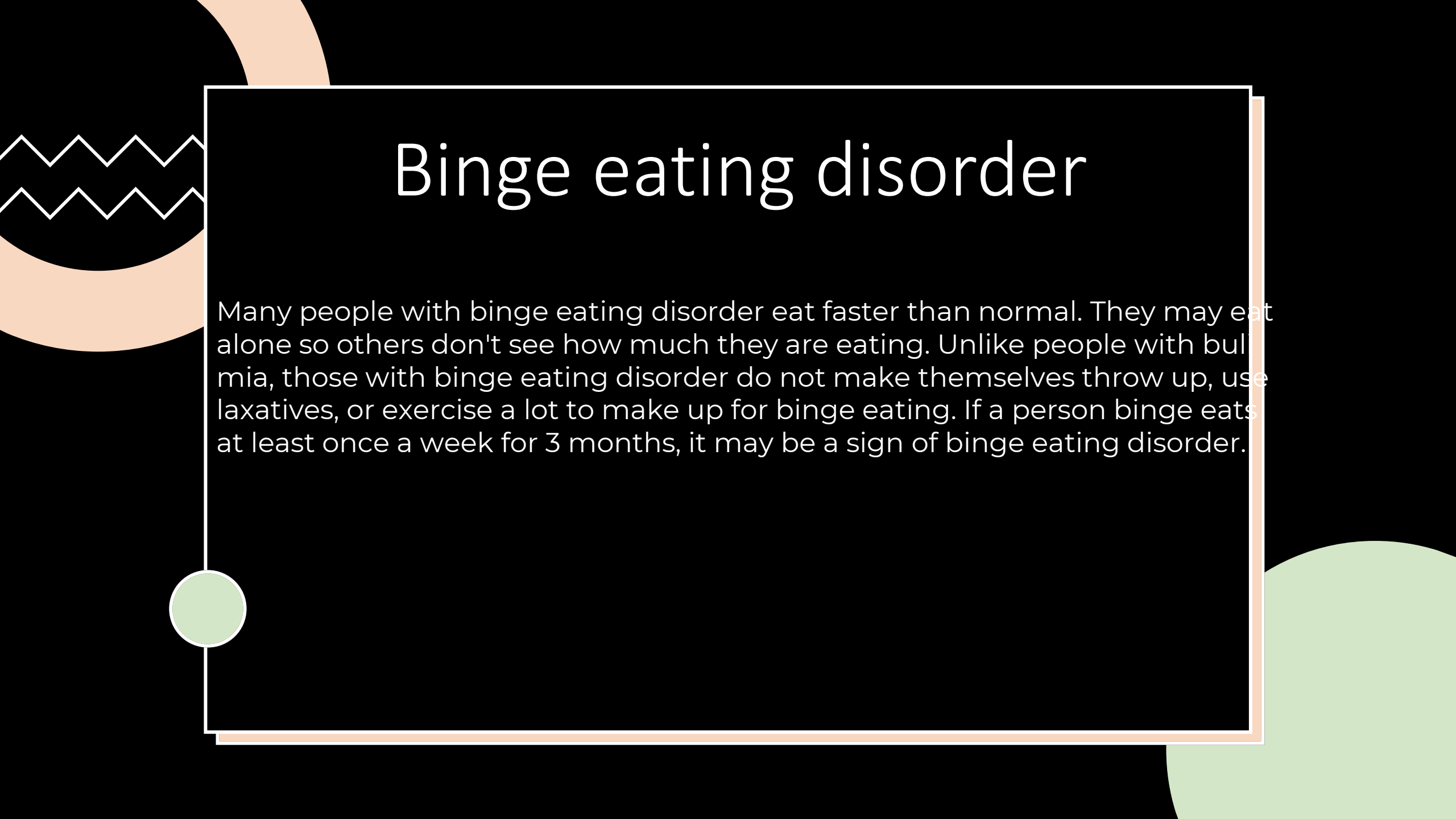
Purging food from the body after eating



Use of diet pills or diuretics to control weight



Excessive exercise to prevent weight gain

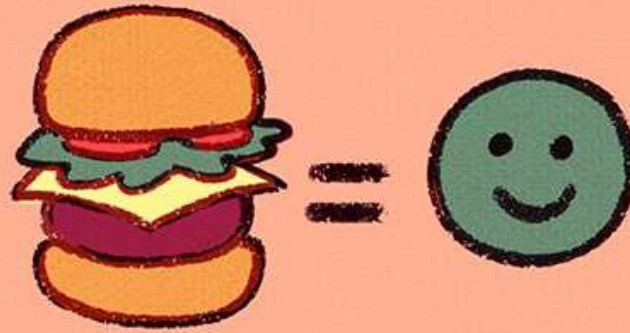


Binge eating disorder

Many people with binge eating disorder eat faster than normal. They may eat alone so others don't see how much they are eating. Unlike people with bulimia, those with binge eating disorder do not make themselves throw up, use laxatives, or exercise a lot to make up for binge eating. If a person binge eats at least once a week for 3 months, it may be a sign of binge eating disorder.



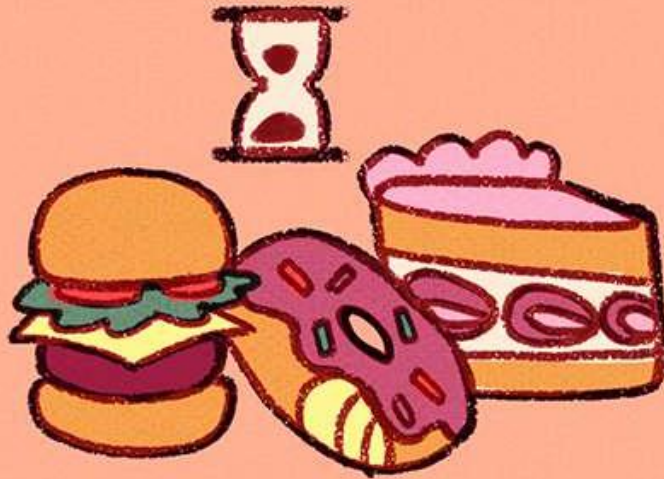
Eating until
uncomfortably full



Eating to ease
stress and anxiety



Recording
weight fluctuation



Consuming excessive
amounts of food in
short periods



Feeling desperate to
control eating and
lose weight



Self-disgust, guilt,
and depression after
binge eating



ARFID

People with ARFID don't eat because they are turned off by the smell, taste, texture, or color of food. They may be afraid that they will choke or vomit. They don't have anorexia, bulimia, or another medical problem that would explain their eating behaviors.

Avoidant Restrictive Food Intake Disorder Symptoms



Significant weight loss



Abdominal pain



Fear of choking or vomiting



Fatigue



Excess energy



Cold intolerance



No body image struggles



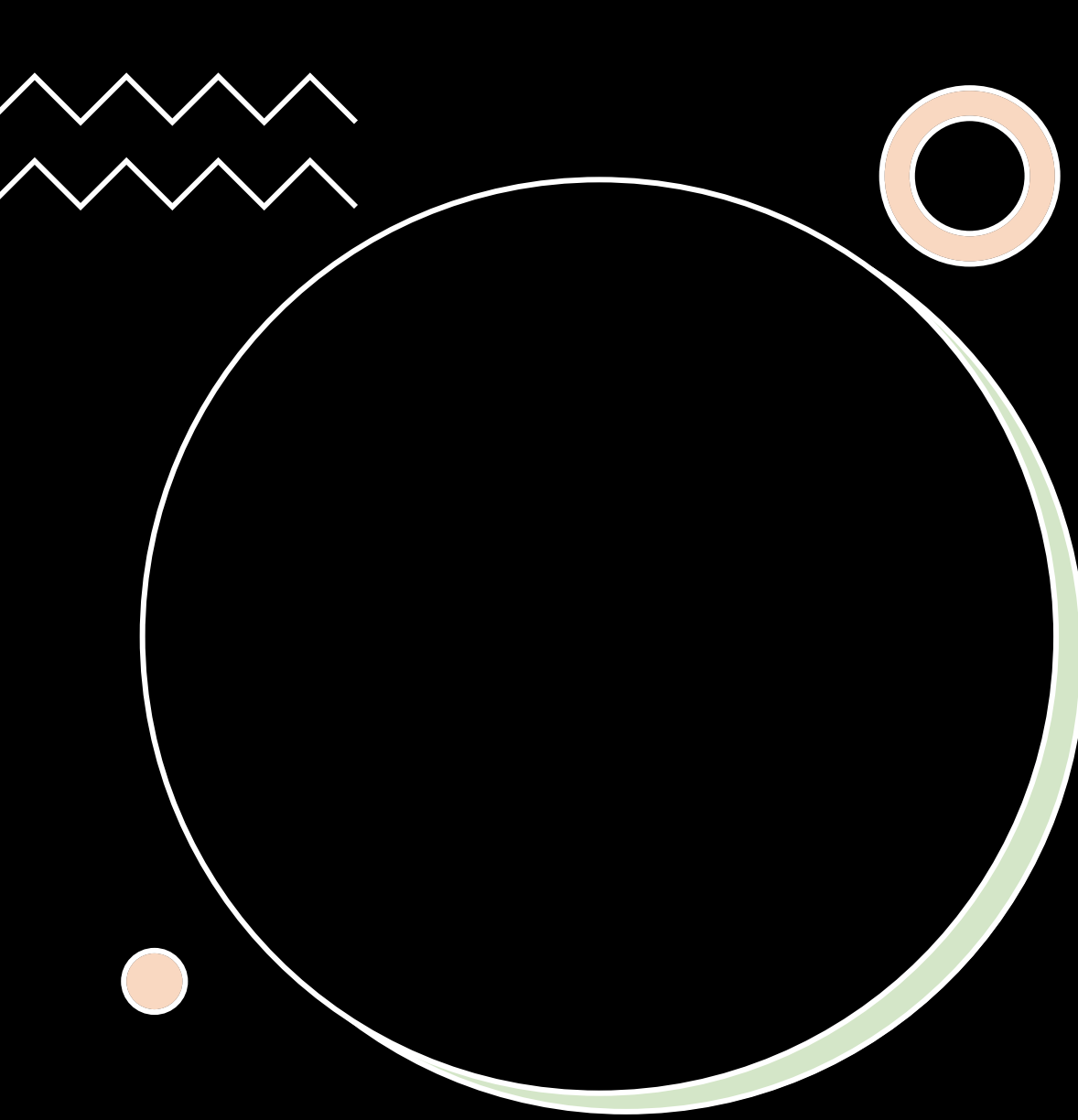
No fear of weight gain



Only eating food with particular textures

What causes eating disorders?

- poor body image
- too much focus on weight or looks
- dieting at a young age
- playing sports that focus on weight (gymnastics, ballet, ice skating, and wrestling)
- having a family member with an eating disorder
- mental health problems such as anxiety, depression



What if i have an eating disorder?

- Tell someone
 - Get help early
 - Be patient with yourself
- 



Thank you for
your attention