

Eating Disorders

SIGNS TO WATCH FOR

ANOREXIA NERVOSA

- ❖ A significant weight loss or failure maintain average body weight.
- ❖ Continual dieting despite low weight.
- ❖ Distorted body image.
- ❖ Preoccupation with food, fat, calories.
- ❖ Cooking for others but refusing to eat.
- ❖ Denial of hunger or fatigue.
- ❖ Excessive exercise.
- ❖ Social withdrawal.
- ❖ Frequent weighing.
- ❖ Dry skin and hair - hair loss.
- ❖ Intolerance to cold.
- ❖ Hormonal changes leading to loss of menses in women, reduced sexual energy in men.

BINGE EATING

Many men and women are "binge eaters" or what is commonly referred to as "compulsive overeaters." They find themselves caught in a cycle of dieting followed by uncontrolled bingeing. The result is deep feelings of shame and self-loathing which are often compounded by the social stigmas associated with being above average weight.

Behavioral indicators associated with binge eating include:

- ❖ Feeling "out of control" when eating and/or eating much more than intended.

- ❖ Eating much more rapidly than normal.
- ❖ Eating until feeling uncomfortably full.
- ❖ Eating large amounts of food when not feeling physically hungry.
- ❖ Eating large amounts of food throughout the day with no planned mealtimes
- ❖ Eating alone because of being embarrassed by how much one is eating.
- ❖ Feeling disgusted with oneself, depressed or feeling very guilty after overeating.

BULIMIA NERVOSA

- ❖ Excessive concern about weight and body shape.
- ❖ Weight may be average or above average.
- ❖ Frequent weight fluctuations.
- ❖ Excessive exercise.
- ❖ Binge-eating followed by fasting or purging.
- ❖ Use of medications such as laxatives or diuretics to change weight.
- ❖ Dieting in front of others. Bingeing when alone.
- ❖ Frequent use of bathroom.
- ❖ Guilt and shame about food intake.
- ❖ Depression and anxiety.
- ❖ Digestive problems.
- ❖ Hormonal changes leading to loss of menses in women, reduced sexual energy in men.