



Eating disorder; types, signs and treatment



Yaseen Galali
Nutrition Department
2020

WHAT IS AN EATING DISORDER?

- Eating disorders are mental illnesses that cause serious disturbances in a person's everyday diet.
- It can manifest as eating **extremely small amounts** of food **or overeating**.



TYPES OF EATING DISORDERS

- Anorexia Nervosa
- Bulimia Nervosa
- Binge Eating Disorder
- Not Otherwise Specified (NOS)

ANOREXIA NERVOSA: WHAT IS IT?

- Anorexia nervosa happens when one is obsessed with becoming **thin** that they reach extreme measures and this leads to extreme weight loss.



ANOREXIA NERVOSA: WARNING SIGNS

- ❑ Dramatic weight loss
- ❑ Refusal to eat certain foods or food categories.
- ❑ Consistent excuses to avoid situations involving food
- ❑ Excessive and rigid exercise routine
- ❑ Withdrawal from usual friends/relatives



HEALTH RISKS WITH ANOREXIA

- Heart failure (low heart rate)
- Kidney failure (dehydration)
- Muscle weakness (Low protein stores)
- Digestive problems
- Hair loss



BULIMIA NERVOSA: WHAT IS IT?

- Bulimia Nervosa is an eating disorder in which one starts to consume large amounts of food at once and then is followed by purging, using rid themselves of the food they ate.



BULIMIA NERVOSA: WARNING SIGNS



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

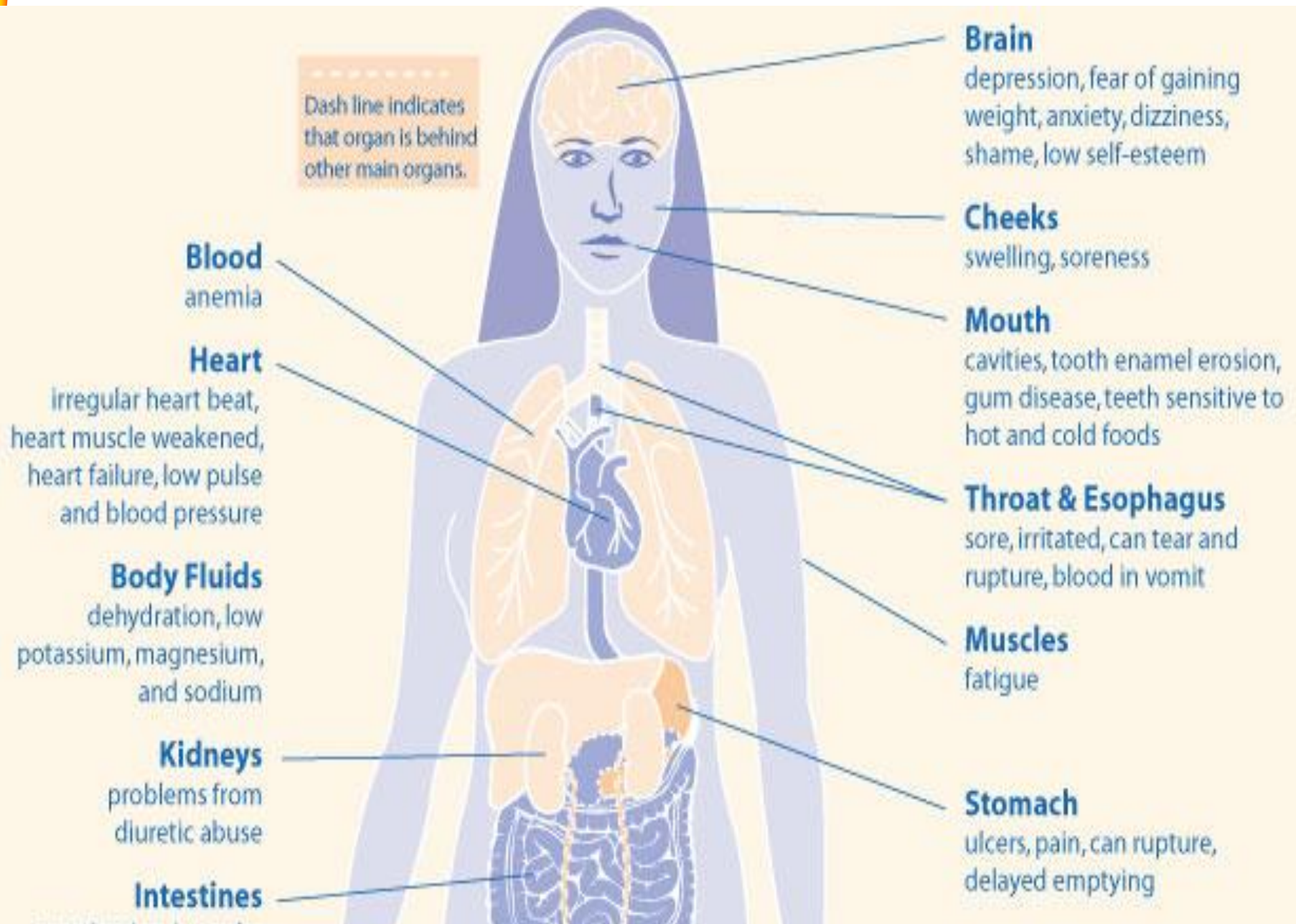


Use of diet pills or diuretics to control weight



Excessive exercise to prevent weight gain

HEALTH RISKS WITH BULIMIA



BINGE EATING DISORDER: WHAT IS IT?

- Binge eating is disorder in which someone eats **large amount of food** at a time but **they don't vomit.**



WARNING SIGNS

- ❑ **Containers** indicating consumption of large amounts of food
- ❑ **MAY be** overweight for age and height
- ❑ **MAY have a long** history of repeated efforts to diet-feel desperate about their difficulty to control food intake
- ❑ **MAY eat throughout** the day with no planned mealtimes



HEALTH RISKS WITH BINGE EATING DISORDER

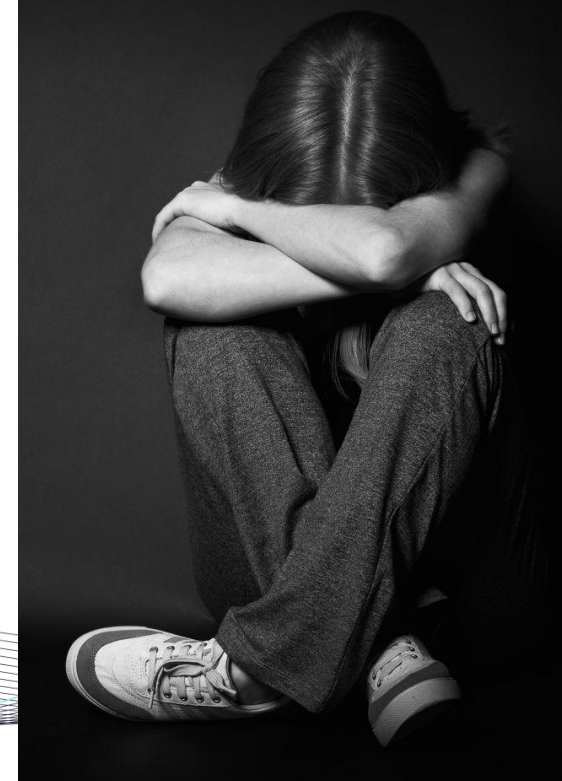
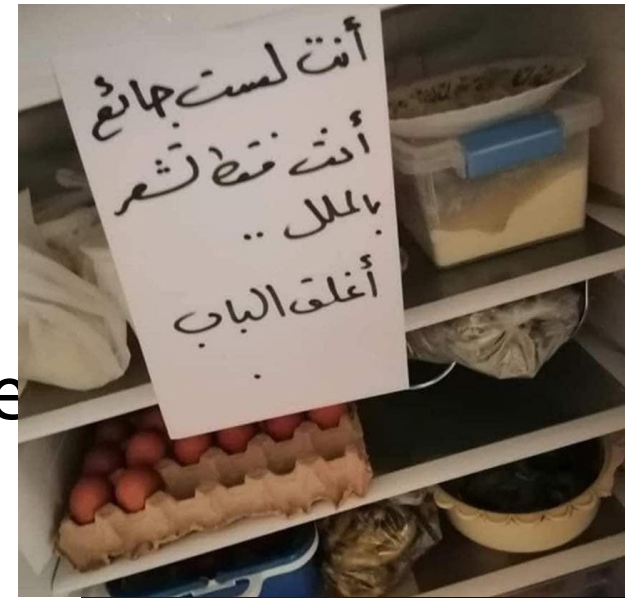
- High blood pressure
- High cholesterol
- Gall bladder disease
- Diabetes
- Heart disease
- Certain types of cancer

WHY DO PEOPLE DEVELOP EATING DISORDERS?

- Factors to consider
 - Psychological
 - Interpersonal
 - □ Social/Cultural
 - Biological

PSYCHOLOGICAL FACTORS

- Low self-esteem
- Feelings of inadequacy or failure
- Feeling out of control
- Response to change (puberty)
- Response to stress
- Personal illness



INTERPERSONAL FACTORS

- Troubled family and personal relationships
- Difficulty expressing emotions and feelings
- History of being teased or ridiculed based on size or weight
- History of physical or sexual abuse

SOCIAL AND CULTURAL FACTORS



- Cultural pressures that glorify and place value on obtaining a thin body
- Narrow definitions of beauty (specific body weights and shapes)
- Cultural norms that value people on the basis of **physical appearance** and not **inner qualities and strengths**

BIOLOGICAL FACTORS

- Eating disorders often run in families
- Genetic
- People who have a mother with anorexia are **approximately twelve times more likely to develop anorexia**
- They are also **four times more** likely to develop bulimia than those without a family history

TREATMENT

- Determine inpatient vs. day treatment vs. outpatient
- Multidisciplinary teams are ESSENTIAL!
- Primary care provider
- Psychiatrist
- Individual therapist
- Family therapist
- Nutritionist

AREAS OF TREATMENT

First: weight restoration

Second: psychological

Third: maintenance (long-term)

SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION

- At least 30 million Americans suffer from ED at point in their life. One person dies every 62 min because of ED

EATING DISORDERS IN MEN VS. WOMEN

