Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Eating Disorders**

**Anorexia Nervosa**

* Is an eating disorder characterized by a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. The individual has an irrational dread of becoming fat coupled with a relentless pursuit of thinness.

**Bulimia**

* Bulimia is characterized by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. The individual will over eat (\_\_\_\_\_\_\_\_\_) followed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Types of bulimia**

* **Purging type** bulimics \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (usually by triggering the gag reflex)
* **Non-purging type** bulimics (approximately 6%-8% of cases) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ after a binge to offset the caloric intake after eating.

**How do they control their weight?**

* Voluntary \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Excessive \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Diet pills
* Diuretic drugs
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Males and Eating Disorders**

* There is still little research to provide exact rates of occurrence of eating disorders in young males but best estimates are that \_\_\_\_\_\_\_\_\_\_\_\_ of diagnosed cases are in males (90’s = 10%)
* Age of diagnosis: most commonly in the late teens/early 20’s
* Boys are often more \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ than girls when diagnosed with an eating disorder; less likely to discuss body size/image/food with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_ of normal weight males perceive themselves to be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_ of teenage boys reported exercising with the goal of “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”
* 68% of college-aged males reported having “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”

**Sexual Bias**

* The belief that boys don’t have eating disorders
* The differences in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* The use of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ as opportunities to engage in behaviors out of sight of parents
* The new pressures put on boys by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ around size/shape concerns that did not exist 15 years ago, (thinner male models, new men’s fashions, new male fashion magazines)
* The presence of behaviors like \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ which may be similar to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in girls
* The misperception that eating disorders in boys relate to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

****

**Why do people become anorexic?**

* Low self esteem
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* One thing they can \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Stress
* Guilt
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Need to fit in
* Sexual abuse as a child

**What to do if you think somebody has an Eating Disorder**

* Tell \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* You might find it hard to help someone else, the best thing you can do for any and all people involved in this situation is to tell an adult (\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ …even outside of school can be an option)
* Just \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the information to yourself

**Dieting Vs Anorexia**

|  |  |
| --- | --- |
| Healthy Dieting | Anorexia |
| Weight loss is viewed as a way to improve health and appearance.  | Weight loss is viewed as a way to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  |
| Self-esteem is based on more than just weight and body image.  | Self-esteem is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ on how much you weigh and how thin you are.  |
| Is an attempt to control weight, the goal is to lose weight in a healthy way | Is an attempt to control \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, Becoming thin is all that matters; health is not a concern |

**Statistics in teenagers**

* Anorexia is the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ among adolescents.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of high school girls diet.
* 50% of girls between the ages of 13 and 15 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* 80% of 13 year old girls have dieted.
* 40% of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ girls dieted.

**Signs**

* Being able to determine that someone has an eating disorder is not always easy. They become masters at hiding the disease and are always ready with a legitimate excuse for their behavior.

**Signs to look for**

* Dieting despite being thin
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with calories, fat and nutrition
* Pretending to \_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ about eating
* Dramatic weight loss
* Always going to the bathroom during or after meals

**Symptoms**

* Sudden dramatic \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Amenorrhea ( \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ )
* Bone density loss
* Sensitivity to \_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ : fine hair that grows on the skin to keep it warm
* Thinning hair

**Can an anorexic die?**

YES from

* \_\_\_\_\_\_\_\_\_\_\_\_ failure
* \_\_\_\_\_\_\_\_\_\_\_\_ failure
* \_\_\_\_\_\_\_\_\_\_\_\_ failure
* Multiple organ failure

**Why?**

* The body and its vital organs are not receiving enough \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ obtained from food. The energy allows the body and its systems to function normally on a daily basis.

**Statistics**

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of all female adolescents and young women have an eating disorder.
* The average age of onset is \_\_\_\_\_\_\_\_\_\_\_.
* It is rare, but not unheard of, for children under the age of \_\_\_\_\_\_\_\_\_ to have the condition.
* Older woman can have it as well, although it is usually diagnosed in the teens or twenties.
* Anorexic statistics show that it is very rarely diagnosed after the age of \_\_\_\_\_\_\_\_\_\_.
* About \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_of those who do get treatment don’t get enough of it.
* Mortality rates higher in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ as more often combined with other conditions such as depression, excessive exercise, substance abuse and anxiety

**Hope**

* With counseling and support from loved ones, anorexics can make a full recovery
* Nearly \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of anorexia sufferers recover
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ show some improvement