

EATING DISORDERS

The Basics on Anorexia Nervosa, Bulimia Nervosa, and Binge Eating Disorder

EATING DISORDERS AWARENESS WEEK



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Anorexia Nervosa

- Approximately 1% of females and 0.3% of males will develop anorexia nervosa during their lifetimes.¹
- Average age of onset is 19 years old.¹
- Anorexia has four primary symptoms:²
 - ◇ Resistance to maintaining a minimally normal body weight.
 - ◇ Intense fear of weight gain even while underweight.
 - ◇ Disturbance in accurate body perception or denial of serious low body weight
 - ◇ Loss of menstrual periods in females post-puberty
- Warning signs to look for:²
 - ◇ Dramatic weight loss
 - ◇ Preoccupation with weight, food, calories, dieting, etc.
 - ◇ Denial of hunger
 - ◇ Development of food rituals (e.g. eating foods in certain orders, excessive chewing, rearranging food)
 - ◇ Excessive, rigid exercise regimen
 - ◇ Withdrawal from friends and activities
 - ◇ Lack of interest in things they formerly enjoyed
- Anorexia has very real medical consequences including fainting, fatigue, hair loss, and muscle loss as well as more serious, life-threatening outcomes. However, with effective and timely treatment, these consequences can often be avoided and recovery is possible.

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Bulimia Nervosa

- Approximately 0.3% of U.S. adults will develop bulimia nervosa during their lifetimes.¹
- Average age of onset is 20 years old.¹
- Bulimia has three primary symptoms:²
 - ◇ Regular intake of large amounts of food with a sense of loss of control over eating
 - ◇ Compensating for food intake with behaviors such as self-induced vomiting, fasting, laxative/diuretic abuse, and/or compulsive exercise
 - ◇ Extreme concern with body weight and shape
- Warning signs to look for:²
 - ◇ Evidence of binge eating and/or purging (e.g. frequent trips to bathroom, signs of vomiting, laxative/diuretic packages)
 - ◇ Excessive, rigid exercise regimen
 - ◇ Unusual swelling of cheeks or jaw area
 - ◇ Discoloration or staining of teeth
 - ◇ Withdrawal from friends and activities
 - ◇ Preoccupation with weight gain or body shape
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Binge Eating Disorder

- Approximately 2.8% of U.S. adults will develop binge eating disorder during their lifetimes.¹
- Average age of onset is 25 years old.¹
- 60% of people struggling with BED are women; 40% are men.²
- BED has four primary symptoms:²
 - ◇ Frequent episodes of eating large quantities of food in short periods of time.
 - ◇ Feeling out of control over eating behavior.
 - ◇ Feeling ashamed or disgusted of eating behavior.
 - ◇ Eating when not hungry or in secret
- BED is often linked with a diagnosis of depression.²
- People who struggle with BED can have average or heavier than average weight.²
- 43.2% of people struggling with BED will obtain treatment.¹
- Binge Eating Disorder has real medical consequences including high blood pressure and high cholesterol as well as more serious, life-threatening outcomes. However, with effective and timely treatment, these consequences can often be avoided and recovery is possible.

¹National Institute of Mental Health statistics from Hudson, Hiripi, Pope & Kessler (2007)

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