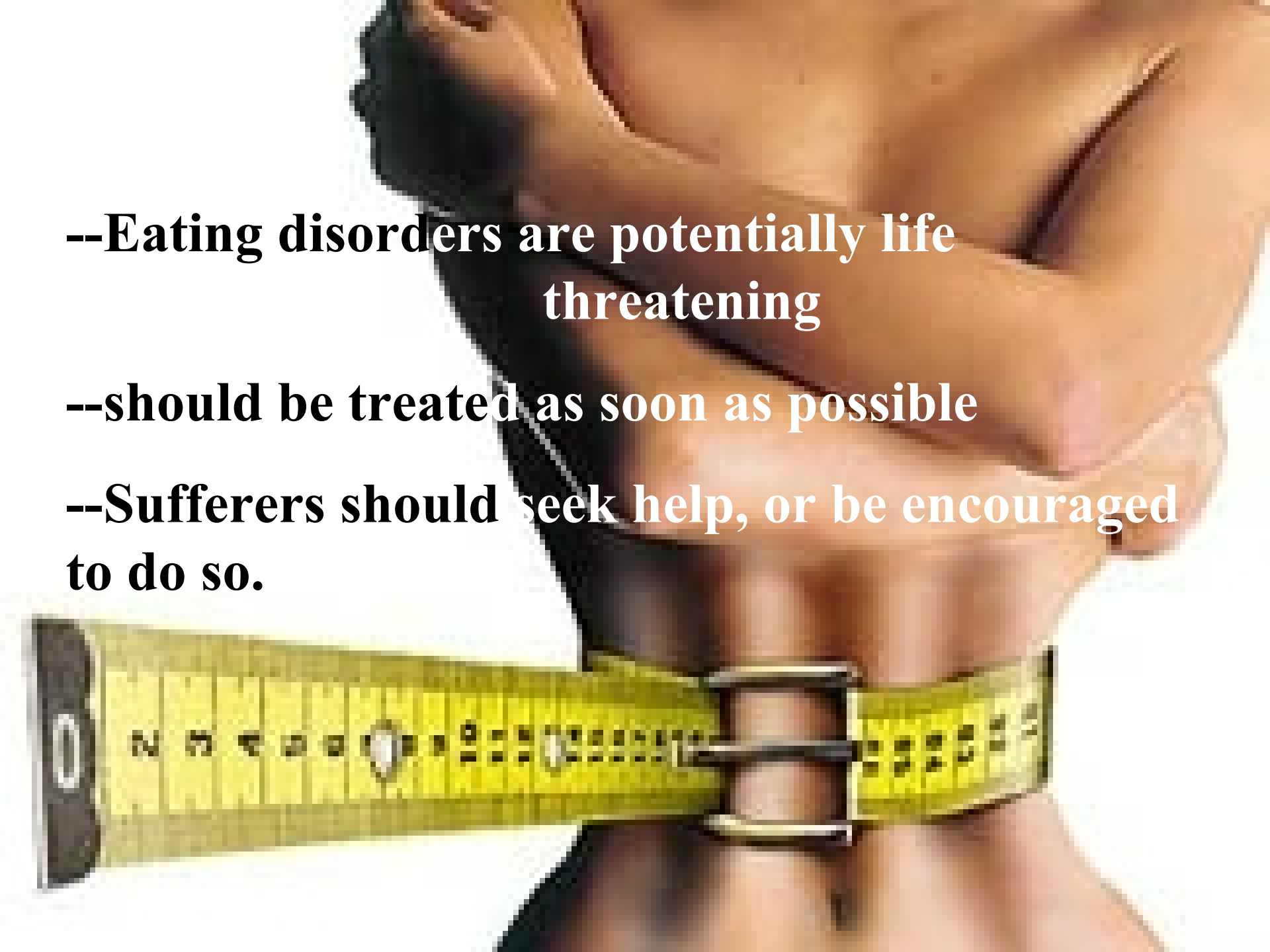




Eating Disorders

Mrs. Gudgeon
Health

- 
- Eating disorders are potentially life threatening**
 - should be treated as soon as possible**
 - Sufferers should seek help, or be encouraged to do so.**

What are the two most common eating disorders?

- Anorexia – doesn't eat enough food to maintain a healthy body weight
- Bulimia – uncontrolled eating binges followed by purging (removing food from their body by throwing up or using laxatives)

Characteristics of Anorexia

- Continuation of Dieting
- Dissatisfaction with appearance
- Belief of body being fat even though they are thin
- Loss of monthly periods
- Strange eating rituals
- Obsession with exercise
- Eating in secrecy
- Serious Depression

Characteristics of Bulimia

- Loss of monthly period
- Strange eating rituals
- Obsession with exercise
- Eating in secrecy
- Serious Depression
- Binging
- Vomiting and/or use of laxatives to simulate bowel movement
- Disappearance into the bathroom for long periods of time
- Use of Alcohol or other drugs



Bulimia Nervosa

There are two types of bulimia nervosa:

Purging Type: -- The person regularly engages in self-induced vomiting or the misuse of laxatives, diuretics, or enemas

Non-purging Type: -- The person has used other inappropriate compensatory behaviors, such as fasting or excessive exercise, but has not regularly engaged in self-induced vomiting or the misuse of laxatives, diuretics, or enemas

Characteristics of Binge eating

- Eating in secrecy
- Serious depression
- Binging large amounts of food
- Abuse of alcohol or other drugs

Loss of Menstrual Cycle

- Why?
 - Too low a level of fat in the body.
 - Fat produces estrogen. If you don't have the estrogen, you won't get a period
- Why should you care?
 - Can make it difficult for you to have a child in the future

10:2

- Talk to your neighbor for a couple of minutes about whether or not in some ways the media could be responsible for eating disorders. Be ready to share out.
- http://www.youtube.com/watch?v=hibyAJOSW8U&feature=related&safety_mode=true&persist_safety_mode=1&safe=active

What Causes Someone To Begin a Strange Eating Habit?

Is an Individual Who Has Anorexia Attractive? Explain.

- Look at question 7

What are some other potential problems with eating disorders?

- Heart problems
- Immune system problems
- Fine hair growing all over body
- Death

Best advice to give someone who wants to lose weight...

- Utilize a healthy diet and exercise plan
- Incorporate in a variety of foods
- Be patient; don't try to lose too much, too fast
- Do it gradually

How to help someone with a potential eating disorder...

- Refer them to a trusted adult
- Refer them to a counselor
- Refer them to a doctor
- Notify their parents