

What is your

EATING DISORDERS:

Diseases of the mind, destroying the body..

True Reflection?

NORMAL EATING

EATING DISORDERS:

Diseases of the mind, destroying the body..

First things first!

- Before we can understand eating disorders, we must first be able to recognize what a “normal eating behavior” is.
- By identifying what a normal eating pattern is, we then can really appreciate what the disease of eating disorders is and how drastically it can change a person's life

INDIVIDUAL QUESTION:

What is the definition of normal eating?

What are the steps an individual must take to reach "normal Eating"

Where does a person "learn" normal eating skills.

- Positive and flexible eating that depends on internal cues to regulate it.
- Being able to eat when you are hungry and continue until you are satisfied.
- Being able to choose the food you like and get enough of it
- Not stopping eating just because you think you should.
- Being able to use moderate constraint in food selection to get the right foods, but not so restrictive that you miss out on the pleasurable foods
- Giving yourself permission to eat sometimes because you are happy, sad, bored or just because it feels good.

5-7 smaller meals with some snacks

- Leaving some food on the plate because you know that you will have it tomorrow
- Eating more now because it is fresh
- Overeating at times-feeling stuffed
- Under eating at times
- Trusting your body to make up for your mistakes in eating
- Knowing it takes time and attention, but keeps its place as only one important area of your life
- Flexible and varies in response to your emotions, your schedule, your hunger and your proximity to food.

PERLMAN'S LAW: While consuming a meal,
When you take a deep breath because the meal
is large, you are DONE!!

Individual Question:

What law would you
make to help others
understand when they
are done eating???

CLASS QUESTIONS: In a small group of two to three people i want you to break off and complete the following questions:

What is an eating disorder?

See "ED definitions "

What are the big "3" EDs?

Anorexia, Bulimia, Compulsive over eating.

Where does it come from?

Family, friends, society, mental disorder.

How do we tell if you or someone you know suffers from and ED?

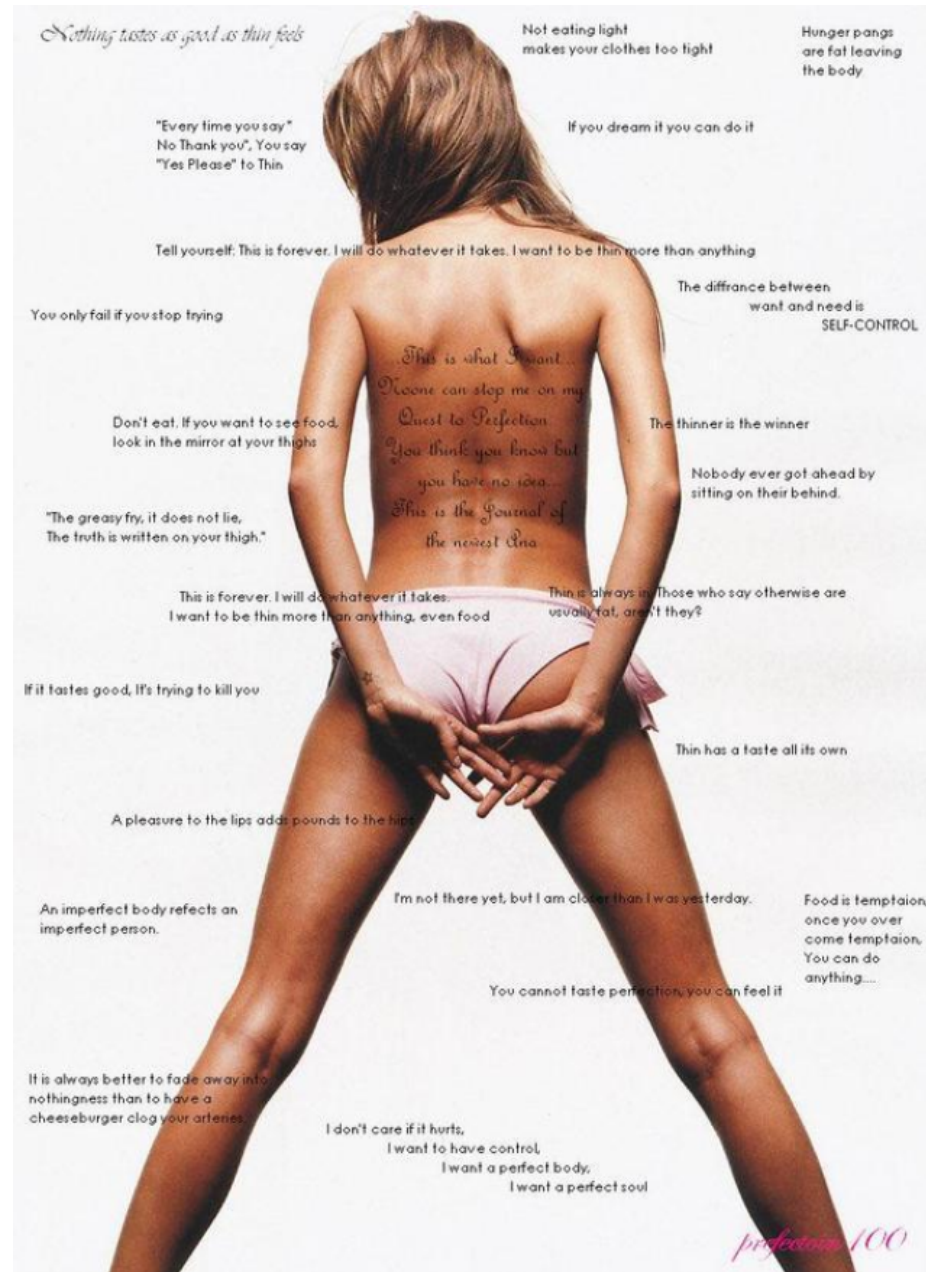
See "Symptoms"

What is the largest age range dealing with it?

age 12-24

Why learn about it?

You are in the age range that has the highest reported cases of Eating disorders.



Nothing tastes as good as thin feels

Not eating light
makes your clothes too tight

Hunger pangs
are fat leaving
the body

"Every time you say
No Thank you", You say
"Yes Please" to Thin

If you dream it you can do it

Tell yourself: This is forever. I will do whatever it takes. I want to be thin more than anything

You only fail if you stop trying

The difference between
want and need is
SELF-CONTROL

Don't eat. If you want to see food,
look in the mirror at your thighs

The thinner is the winner

"The greasy fry, it does not lie,
The truth is written on your thigh."

Nobody ever got ahead by
sitting on their behind.

This is forever. I will do whatever it takes.
I want to be thin more than anything, even food

Thin is always in those who say otherwise are
usually fat, aren't they?

If it tastes good, it's trying to kill you

Thin has a taste all its own

A pleasure to the lips adds pounds to the hips

An imperfect body reflects an
imperfect person.

I'm not there yet, but I am closer than I was yesterday.

Food is temptation,
once you over
come temptation,
You can do
anything....

You cannot taste perfection, you can feel it

It is always better to fade away into
nothingness than to have a
cheeseburger clog your arteries

I don't care if it hurts,
I want to have control,
I want a perfect body,
I want a perfect soul

perfect 100

GROUP QUESTION:

Can the connection between anorexia and a person be found in the genetic make-up?

 http://www.pbs.org/wgbh/nova/minutes/q_2715.html

Group Question:

Can race/ethnicity or culture have an impact on eating disorders?

 http://www.pbs.org/wgbh/nova/minutes/q_27152.html

BIPOLAR DISORDER

MANIC

Yvonne

DEPRESSIVE

* ONSET BEFORE AGE 30

* MOOD:
ELEVATED
EXPANSIVE
IRRITABLE

* SPEECH:
LOUD-RAPID
PUNNING
RHYMING
CLANGING
VULGAR

* ? WT. LOSS
* GRANDIOSE
* DELUSIONS
* DISTRACTED
* HYPERACTIVE
* ↓ NEED FOR SLEEP
* INAPPROPRIATE
* FLIGHT OF IDEAS
* BEGINS SUDDENLY
* ESCALATES OVER
SEVERAL DAYS

* PREVIOUS MANIC
EPISODES

* MOOD:
DYSPHORIC
DEPRESSIVE
DESPAIRING

* ↓ INTEREST IN
PLEASURE

* NEGATIVE VIEWS

* FATIGUE

* ↓ APPETITE

* CONSTIPATION

* INSOMNIA

* ↓ LIBIDO

* SUICIDAL
PREOCCUPATION

* MAY BE AGITATED
OR HAVE MOVEMENT
RETARDATION



WHAT IS WRONG WITH ME???

Bi-Polar/ Manic Depressive:

Bipolar disorders are one of several medical conditions called depressive disorders.

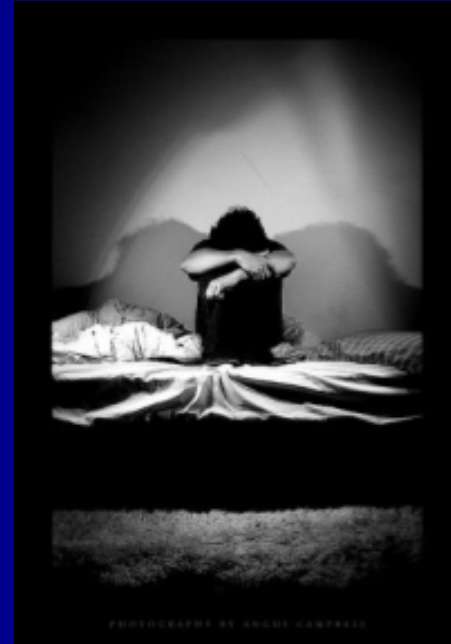
Depressive disorders affect the way a person's brain functions.

Depressive disorders are widespread. In the United States alone, it's estimated that more than 17.4 million adults have a depressive disorder each year. That works out to about 1 out of every 7 people, so there's a good chance that you or someone you know is dealing with a depressive disorder.

Symptoms of depression include:

- loss of interest in usual activities
- prolonged sad or irritable mood
- loss of energy or fatigue
- feelings of guilt or worthlessness
- sleeping too much or inability to sleep
- drop in grades and inability to concentrate
- inability to experience pleasure
- appetite loss or overeating
- anger, worry, and anxiety
- thoughts of death or suicide

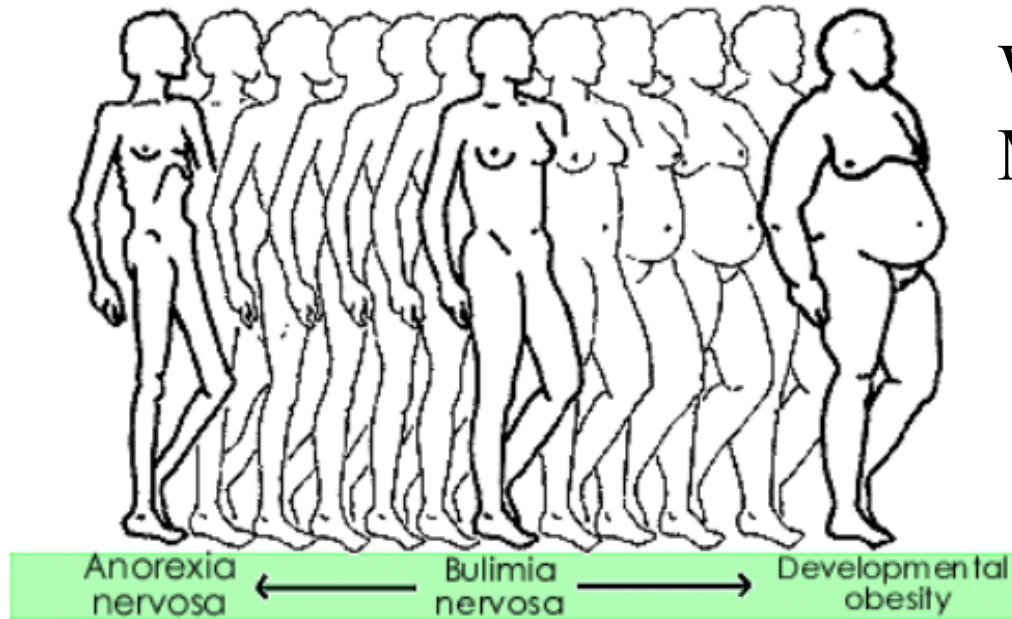
[</teen/your_mind/mental_health/suicide.html>](http://teen/your_mind/mental_health/suicide.html)



Symptoms of mania include:

- racing speech and thoughts
- increased energy
- decreased need for sleep
- elevated mood and exaggerated optimism
- increased physical and mental activity
- excessive irritability, aggressive behavior, and impatience
- poor judgment
- reckless behavior, like excessive spending, making rash decisions, and erratic driving
- difficulty concentrating
- inflated sense of self-importance





WHAT DOES THIS
MEAN??

Spectrum of physical characteristics seen among adolescents with eating disorders. Those with acute anorexia nervosa are usually among the thinnest and the developmentally obese* among the heaviest. Adolescents across the spectrum are affected by various underlying psychosocial disturbances. While the physical aspects may obviously require treatment, interventions should be directed to all aspects of these complex conditions, not solely the physical symptoms.

Mahan LK, Rees JM: Nutrition in Adolescence

SPORTS & EATING DISORDERS

We are normally exposed to people with eating disorders in a few ways.

- 1) TV/Media
- 2) Family
- 3) Friends
- 4) Sports

Class Question: In what sports would you expect to see a person with an eating disorder?



3 Main Eating Disorders

1) Anorexia Nervosa: Self Starvation

2) Bulimia Nervosa: The act of Binging and Purging

3) Compulsive Overeating: Characterized by uncontrollable eating despite lack of hunger; often includes a preoccupation with food and body image. It is also referred to as **Binge eating disorder**. This is the newest eating disorder that is now being recognized.

COMPULSIVE OVEREATING

- Compulsive overeating can affect women or men, though it appears twice as often among women.
- People with compulsive overeating disorder suffer from episodes of uncontrolled eating or bingeing followed by periods of guilt and depression.

(EMOTIONAL
PURGE)



***At least 4 million Americans
are thought to have a
binge eating disorder**

C.O.E

- Compulsive overeating is marked by the consumption of large amounts of food, sometimes accompanied by a pressured, "frenzied" feeling.
- Compulsive overeating disorder may cause a person to continue to eat even after s/he becomes uncomfortably full.

Class question: Is compulsive overeating an addiction or a habit?

Answer: 1194329229801.html-



Common compulsive overeating warning signs:

- Eating large amounts of food when not physically hungry is a sign of compulsive overeating.
- Eating much more rapidly than normal is a sign of compulsive overeating.
- Eating until the point of feeling uncomfortably full is a sign of
 - may often eat alone because of shame or embarrassment.
 - has feelings of depression, disgust, or guilt after eating.
 - has a history of marked weight fluctuations.

What is the most common?

- Both anorexia and bulimia tend to affect girls more than guys (90/10 split)
- Because we typically think of eating disorders as only affecting girls, they often go unrecognized in guys.
- Guys with eating disorders also tend to focus more on athletic appearance or success than on just looking thin.
- "Muscle Dysmorphic Disorder"





[muscle dysmorphia </communities/eating_Disorders/men_dysmorphia.asp>](http://communities/eating_Disorders/men_dysmorphia.asp)

A chronic preoccupation with the belief that one is not sufficiently muscular. This preoccupation results in marked subjective distress, serious impairment in social and occupational functioning and, for some, use of anabolic-androgenic steroids to facilitate muscle growth, risking adverse medical and psychiatric consequences.



To Do: Take 3 minutes
and analyze this poem

"Ana's Last Night *

Lying here hungry ...
My whole body in pain ...
Should probably eat something ...
But I feel too ashamed ...

Starting to shiver now ...
Beginning to shake ...
God how I love this ...
How my body just aches ...

Got up for some cold water ...
Then to take a cold shower ...
Remind myself that soon ...
I'll be a delicate flower ...

Did 3 hours exercise ...
But I must do some more ...
Still got one pound to loose ...
Like the pound I lost before ...

Whoa, got a dizzy head rush ...
Colors dancing all around me ...
Like little tiny faerie angels ...
Wanting to set me free ...

Oh wow, I'm floating with them ...
Going high up in the sky ...
I finally made it! ...
To the thinness that is I ..."



April 18th, 2007 | Category: [Fashion](http://www.italian-fashion-watch.com/cat/fashion/) [<http://www.italian-fashion-watch.com/cat/fashion/>](http://www.italian-fashion-watch.com/cat/fashion/), [Valentino](http://www.italian-fashion-watch.com/cat/valentino/) [<http://www.italian-fashion-watch.com/cat/valentino/>](http://www.italian-fashion-watch.com/cat/valentino/)

Designer Donatella Versace has publicly supported the increasing pressure on the fashion industry to discourage super-thin models, but the struggles young women face with eating disorders has now hit home for the outspoken Italian. According to People magazine, Versace's 20-year-old daughter, Allegra, is currently undergoing treatment for anorexia. There had been suspicion for months that the younger, uber-slim Versace was battling an eating disorder, and her mother confirmed the news in a statement released earlier this week.

"She is receiving the best medical care possible to help overcome this illness and is responding well," Versace said.



Measurements (dressmaker's claim): 35-22-35 (inches)

88.9 - 55.8 - 88.9 (*centimeters*)

Hair: Natural Brown, dyed Blonde

Eyes: Blue

Height: 5 feet, 5½ inches *166.62 (centimeters)*

Weight: 118 pounds *53.5 kilograms*

Dress size: 12

Pant Size: 8

Shoe Size: 7AA (US) 38-39 (*European*)

Bra Size: 36D



VS.



- Barbie's height would be 7'2"
- Her weight would be 101 lbs.
- She would wear a size 4 dress
- Her bust would be 39" (FF cup)
- Her waist would be 19" (same as her head)
- Her hips would be 33"
- Her shoe size would be a 5

- Average woman's height is 5'4"
- Their weight is approx. 140 lbs.
- They wear a size 14 dress
- Their bust is between 36" and 37" (B cup)
- Their waist is between 30" and 34"
- Their hips average between 40" and 42"
- Their shoe size is estimated to be between 8.5 and 9.5

VS.

2002 the average height of a 15-year-old girl had not changed significantly (63.8 inches).

2002 the average weight for a girl that age was 134.4 pounds.

2002 the average height of a 15-year-old boy was 68.4 or almost 5-8½.

2002 the average weight of a boy that age increased to 150.3 pounds.

[Adriana Lima](#) : Victoria's Secret Model
 Height 5'10" - Weight 112 pounds
 Height 1.77m - Weight 50.91 kg
[Jessica Biel](#) : Actress (started on "7th Heaven")
 Height 5'8" - Weight 108 pounds
 Height 1.72m - Weight 49.09 kg
[Kate Beckinsale](#) : Actress (movie "Underworld")
 Height 5'8" - Weight 115 pounds
 Height 1.72m - Weight 52.27 kg
[Gabrielle Union](#) : Actress (movie "Bring it On")
 Height 5'8" - Weight 110 pounds
 Height 1.72m - Weight 50.00 kg
[Jessica Alba](#) : Actress (movie "Into The Blue")
 Height 5'7" - Weight 127 pounds
 Height 1.70m - Weight 57.73 kg
[Megan Fox](#) : Actress (movie "Transformers")
 Height 5'6" - Weight 114 pounds
 Height 1.67m - Weight 51.82 kg
[Roselyn Sanchez](#) : Actress (TV show "Without a Trace")
 Height 5'7" - Weight 130 pounds
 Height 1.70m - Weight 59.09 kg
[Eva Longoria](#) : Actress (TV show "Desperate Housewives")
 Height 5'2" - Weight 105 pounds
 Height 1.57m - Weight 47.73 kg
[Salma Hayek](#) : Actress (movie "Desperado")
 Height 5'2" - Weight 115 pounds
 Height 1.57m - Weight 52.27 kg
[Kelly Hu](#) : Actress (movie "Scorpion King")
 Height 5'5" - Weight 122 pounds
 Height 1.65m - Weight 55.45 kg

Barbie's body would have room for only half of a liver and only a few inches of intestines, as opposed to the usual 26 feet. The result: chronic diarrhea and death from malabsorption & malnutrition.

Barbie's neck is twice as long as the average human's which would make it impossible to hold up her head.

Barbie's waist is the same circumference as her head.

Barbie's legs are 50% longer than her arms, whereas the average woman's legs are only 20% longer than her arms.

To look like a barbie proportionally, a healthy woman would need to add 61 cm to her height, subtract 15 cm from her waist, add 13 cm to her chest, and 8 to her neck length.

If a woman had the same measurements as Barbie, she would not have enough body fat to menstruate (and obviously to have children).

There are 3 billion women on the planet who don't look like Barbie; *only 8 women come close.*

Barbie would be unable to walk upright (she would need to walk on all 4's): her feet are so proportionately small that her chest would pull her perpetually forward onto her toes.

ANOREXIA

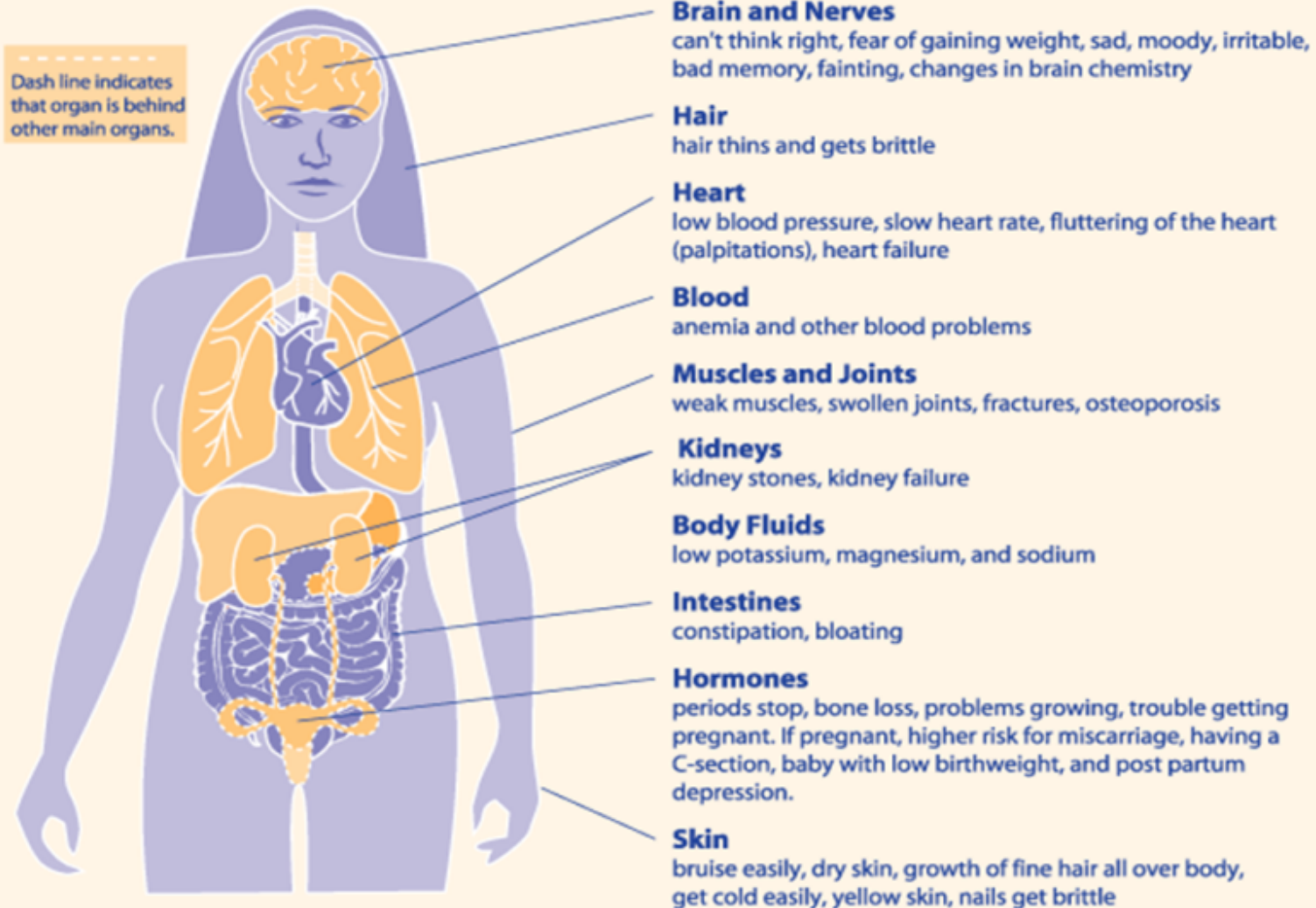
- Typically involves an irrational fear of becoming obese
- Results in severe weight loss due to self starvation
- May include bingeing and purging behavior
- When a person has anorexia, he or she hardly eats at all - and the small amount of food that is eaten becomes an obsession.
- A person with anorexia may weigh food before eating it or compulsively count the calories of everything.

- It is not unusual for a person with anorexia to also exercise excessively in an attempt to lose weight.
- Excessive exercise is classified as working past the point of fatigue into a danger zone.
- Excessive exercise can lead to medical conditions and even death.
- A unique feature of anorexia is not only the strong desire to be very thin, but also the altered body perception that goes with it.
- Even though they might be shedding pounds at a dangerous rate, people with anorexia don't see themselves as thin.
- A person with the condition can look in the mirror and actually see a fat person

Contributing Factors to Anorexia:

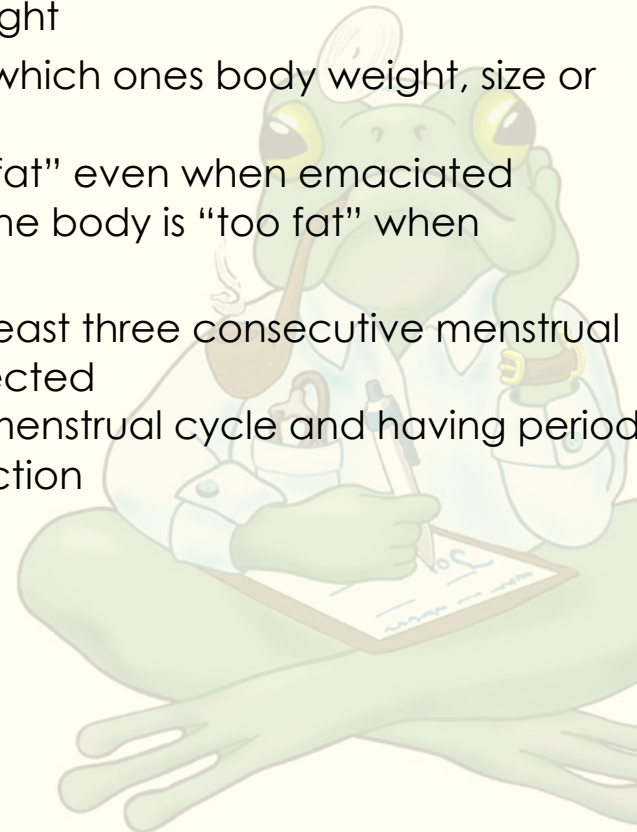
- Parental Issues-Divorce, fighting at home, separation
 - Attention issues-lack of, new child in home, conflict of interest
 - Mother/father and siblings obsessed with image
 - Death of family member/friend
 - Fear of failure
 - Social pressures
 - Peer Pressure
 - Fit in with groups
 - Barbie syndrome
 - Poor self-esteem
- Anorexia has a fatal outcome in about 10 % of all cases.

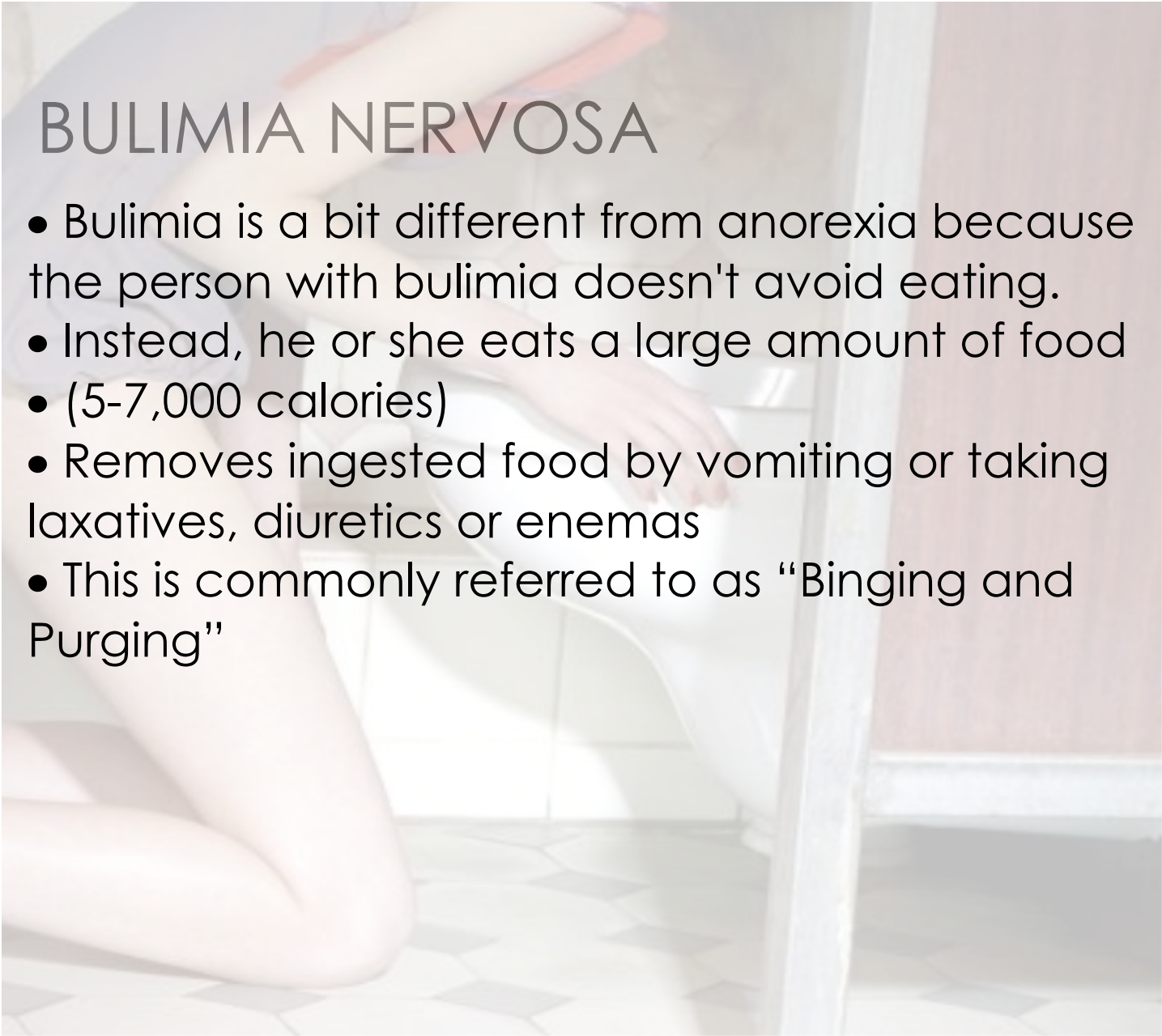
Anorexia affects your whole body



Diagnosing Anorexia

- Refusal to maintain body weight over a minimal normal weight for age and height
- Weight loss leading to maintenance of body weight 15% below that expected
- Failure to make expected weight gain during period of growth, leading to weight 15% below that expected
- Intense fear of gaining weight
- Disturbance in the way in which one's body weight, size or shape is experienced
- The person claims to "feel fat" even when emaciated
- Believes that one area of the body is "too fat" when obviously underweight
- In females, absence of at least three consecutive menstrual cycles when otherwise expected
- Amenorrhea: Absence of menstrual cycle and having period only following hormone injection





BULIMIA NERVOSA

- Bulimia is a bit different from anorexia because the person with bulimia doesn't avoid eating.
- Instead, he or she eats a large amount of food
- (5-7,000 calories)
- Removes ingested food by vomiting or taking laxatives, diuretics or enemas
- This is commonly referred to as “Binging and Purging”

Bulimia Nervosa

- Like anorexia, bulimia tends to affect girls and young women more than guys.
- Unlike anorexia, you can't always tell by looking whether a person has bulimia.
- In fact, someone with bulimia may appear average or even above average in weight.



Contributing factors of Bulimia:

- Low Self-esteem
 - Fear of becoming fat
 - Feelings of helplessness
 - Control issues
 - Need to reduce stress and anxiety
 - Inability to cope with typical problems
 - Poor coping techniques
- 

Symptoms of Bulimia:

- Frequent up and down weight change, but not as drastic as an anorexic person.
- Usually loss of about 7-12 lbs
- Depression
- Extreme exercise
- Unusual interest in food
- Abuse of diet pills (thermogenics)
- Abuse of laxatives: Causes a bowel movement
- Abuse of diuretics: causes urination to occur
- Abuse of drugs : “Numb the emotions” “Escape one's self” “use Stimulant to curb hunger”

CNS.

Symptoms:

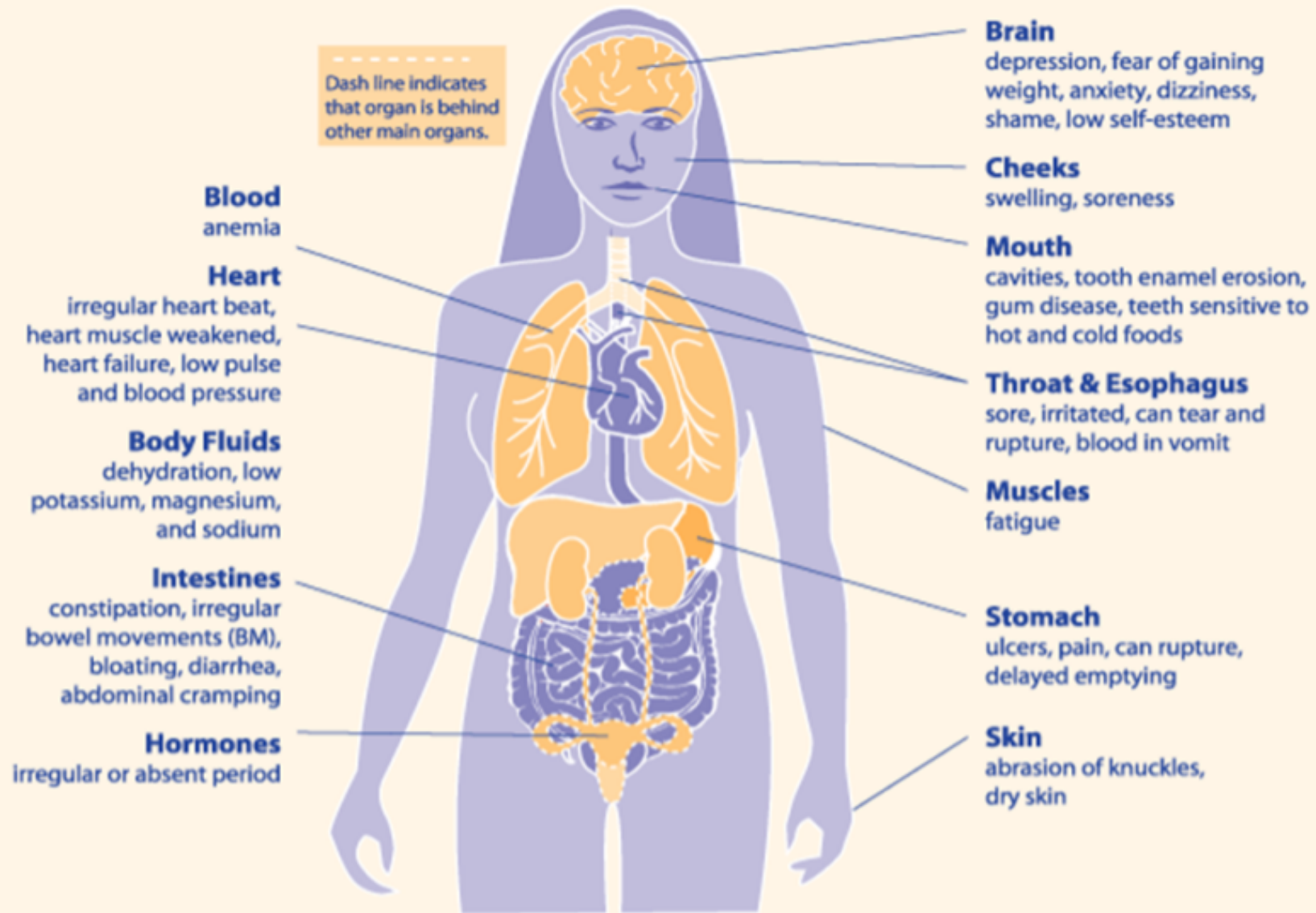
- Severe dieting
- Secrecy/withdrawal
- Dry skin
- Limp hair
- Bad or rotting fingernails/teeth
- Swollen salivary glands
- Constant sore throat.



WARNING SIGNS THAT YOU MAY NOTICE

- Going to the bathroom after meals
- frequent showers or water running
- sore on knuckles
- eating large amounts of food and then disappearing from area.
- weight going up and down
- swelling
- "Chipmunk" cheeks
- complaining of sore throat
- complaining of heart burn
- dizzy/fainting spells
- red eyes/bloodshot eyes
- abnormal sleeping
- increased cavities
- 'vomit' breathe

How bulimia affects your body



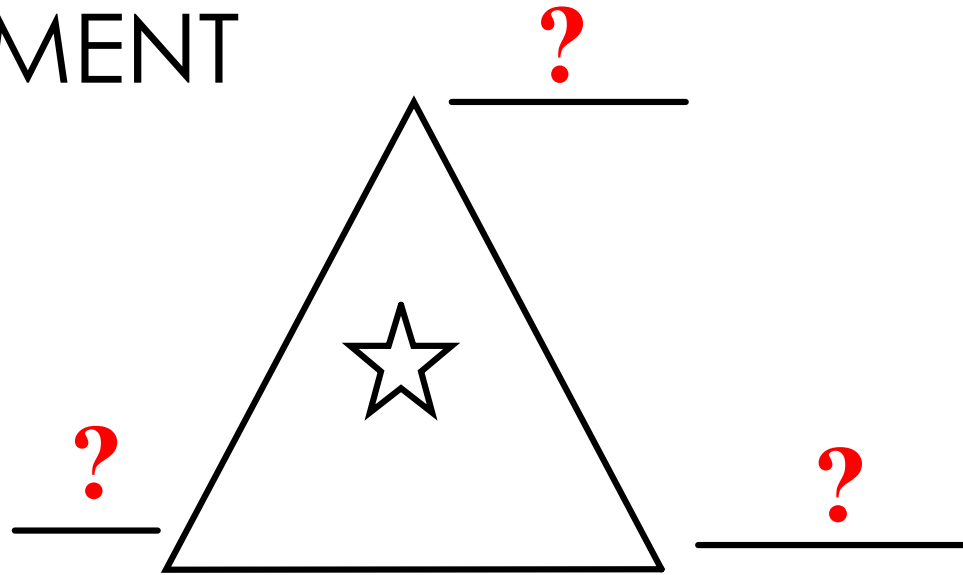


Diagnosing Bulimia

- Recurrent episodes of binge eating and purging
- A feeling of lack of control over eating behavior during eating binges
- A minimum average of two binge/purge episodes a week for 3 months
- Persistent over concern with body shape and image
- Regular practice of either self induced vomiting, use of laxatives or diuretics, strict dieting or vigorous exercise.

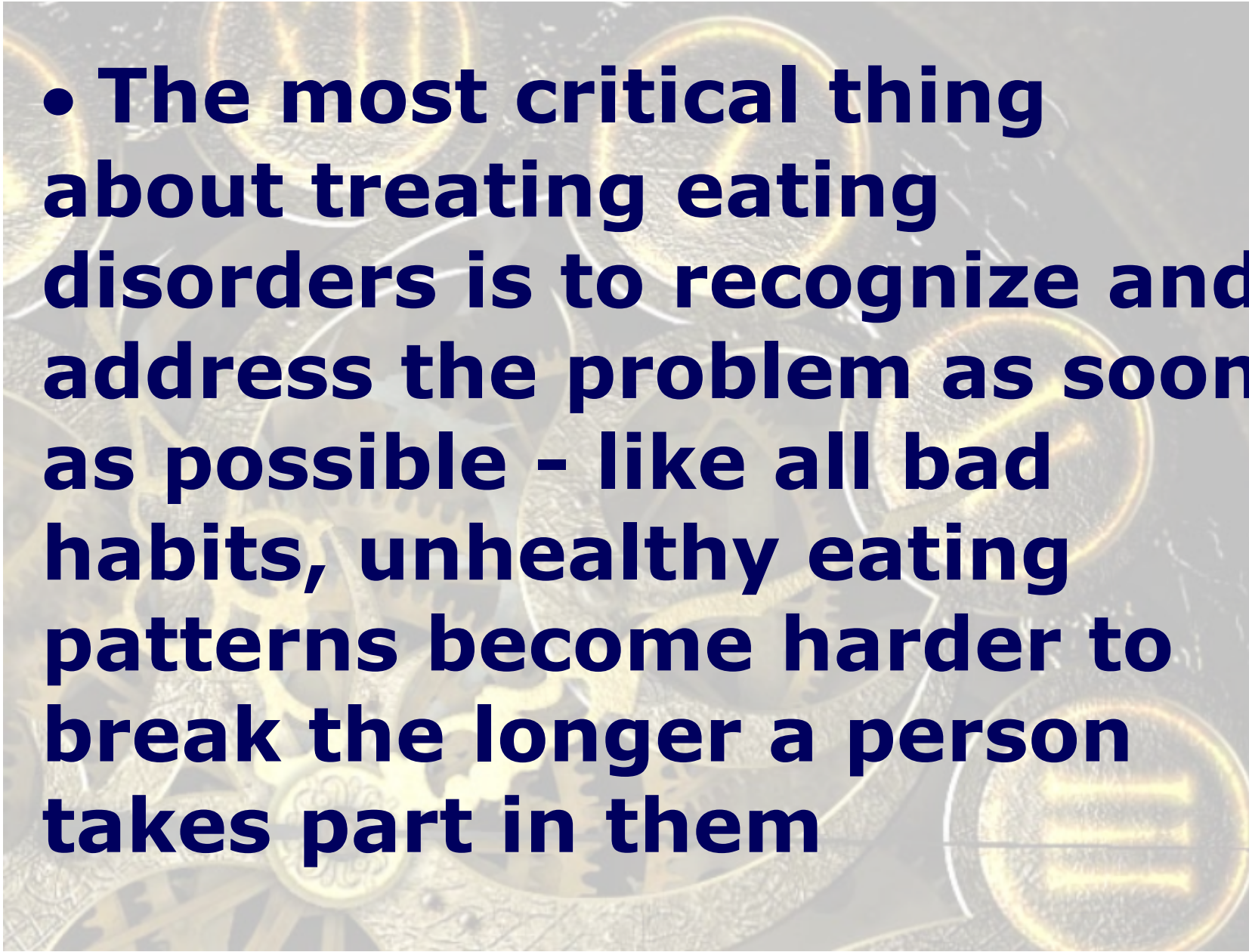


TREATMENT



- Fortunately, people with eating disorders can get well and gradually learn to eat normally again.
- Because anorexia and bulimia involve both the mind and body, medical doctors, mental health professionals, and dietitians will often be involved in a person's treatment and recovery.

- 
- Therapy or counseling is a critical part of treating eating disorders
 - In many cases, family therapy is one of the keys to eating healthily again. Parents and other family members are important in helping a person see that his or her normal body shape is perfectly fine and that being thin doesn't make anyone happy.

- 
- **The most critical thing about treating eating disorders is to recognize and address the problem as soon as possible - like all bad habits, unhealthy eating patterns become harder to break the longer a person takes part in them**



- If you want to talk to someone about eating disorders and you don't feel as though you can approach a parent, try talking to a teacher, a neighbor, your doctor, or another trusted adult. Remember that eating disorders are common among teens, and more importantly, that treatment is out there.