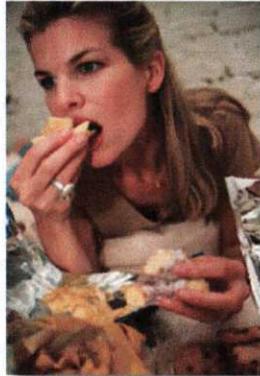


All about ...

Eating Disorders



Some people experience emotional struggles & attempt to change their life by becoming overly disciplined or punishing with their eating. This may develop into an Eating Disorder.

Commonly diagnosed eating disorders are:

Anorexia Nervosa

- ◆ Refuse to maintain normal weight for their age and height, eventually leading to a weight medically considered 15%, or more, below that which is expected.
- ◆ Experience intense fear of weight gain or becoming fat, even though underweight.
- ◆ Have a distorted, overly critical view of their body weight or shape or deny the seriousness of their low body weight.
- ◆ For Women: the absence of at least three consecutive menstrual cycles.

People struggling with Anorexia may restrict eating or regularly binge-eat and purge (self-induced vomiting, laxative

misuse, diuretics, enemas, other medications, fasting or excessive exercise).

Bulimia Nervosa

- ◆ Frequently binge eats & feels lack of eating control during the binge episode.
- ◆ Recurrently tries to not gain weight from the bingeing by self-induced vomiting, misuse of laxatives, diuretics, enemas or other medications, fasting, or excessive exercise.
- ◆ Bingeing & purging behavior occurs, on average, at least twice a week for 3 months.
- ◆ Overly critical of body shape and weight.

Binge-Eating Disorder:

- ◆ When a person frequently has binge eating episodes but does not engage in purging or compensatory behavior to try to prevent weight gain.
- ◆ Numerous medical complications may occur as the result of an eating disorder. Some of these are depression, heart problems, kidney damage, teeth/gum erosion, ulcers, memory/concentration problems, sleep disturbances, and deteriorating hair, skin and nail quality. Although those with eating disorders are typically trying to become thin, they inadvertently trigger a slowdown of their metabolism, actually making it more difficult to lose weight.
- ◆ It is imperative to seek immediate mental health counseling. It is also

vital to receive medical care, dental care, and treatment for any possible side effects of the eating disorder. Working with a dietician is very helpful to learn more about metabolism and developing new healthy eating habits.

Common Triggers:

- ◆ Poor interpersonal skills development
- ◆ Difficulty regulating emotions
- ◆ Difficulty tolerating distress
- ◆ Uncertainty about personal feelings and thoughts
- ◆ Self-hatred thoughts repeatedly make an individual feel they are not good enough
- ◆ Overly determined or driven approach
- ◆ Willingness to overlook basic needs

Did you know?

- ◆ Eating disorders most often start between the ages of 14 -19. Onset after age 21 is rare.
- ◆ 8 to 12 binges per week are average for those with bulimia nervosa or binge eaters.
- ◆ 20% diagnosed with bulimia are obese.
- ◆ Eating disorders have the highest mortality rate of all psychiatric disorders.

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