

# UNDERSTANDING EATING DISORDERS



## What is an eating disorder?

Eating disorders are mental health conditions where thoughts and behaviors about food & weight start to rule your life in a negative way.

Society puts pressure on people to be thin. But being healthy is not the same thing as being thin. Each person's body is different - some are smaller and some are bigger, and that's okay.

There are different types of eating disorders. Learn about 3 of them here

## How can I get help?

If you think you might have an eating disorder, ask your doctor for help. There are many different forms of treatment, and each condition is treated differently.

Treatment often involves a combo of therapy and medication, but it depends on your specific needs

Eating Disorder Helpline: 1 (888)-375-7767

## 3 Common Types of Eating Disorders

### 1. Anorexia Nervosa

Anorexia is a disorder of severely limiting your food intake. People often view themselves as fat, even if they are very underweight.

Symptoms include restricted eating, extreme thinness & intense fear of gaining weight.

Anorexia is the most dangerous eating disorder and can lead to many complications, including death.

### 2. Bulimia Nervosa

Bulimia is a disorder of eating large amounts of food (binge-eating), and then doing something to compensate for the eating, such as making yourself vomit, exercising excessively, fasting, or using laxatives.

Symptoms include bingeing & purging, dehydration, tooth decay, sore throat, swollen glands in the mouth and neck, and abdominal pain.

People with bulimia can be any weight. You don't have to be underweight to have an eating disorder.

### 3. Binge-Eating Disorder

Binge-Eating is a condition where you lose control over your eating and eat really large amounts of food (bingeing).

Symptoms include eating very large amounts of food very quickly, eating even when you're not hungry, eating alone or in secret, and feeling ashamed or guilty about your eating.

This disorder is different from bulimia because people don't vomit, exercise excessively, use laxatives, or anything to compensate the binge-eating



Sources: <https://www.nlm.nih.gov/health/topics/eating-disorders>, <https://anad.org/get-help/eating-disorders-helpline/>, <https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions/Eating-Disorders>

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