

Eating Disorders

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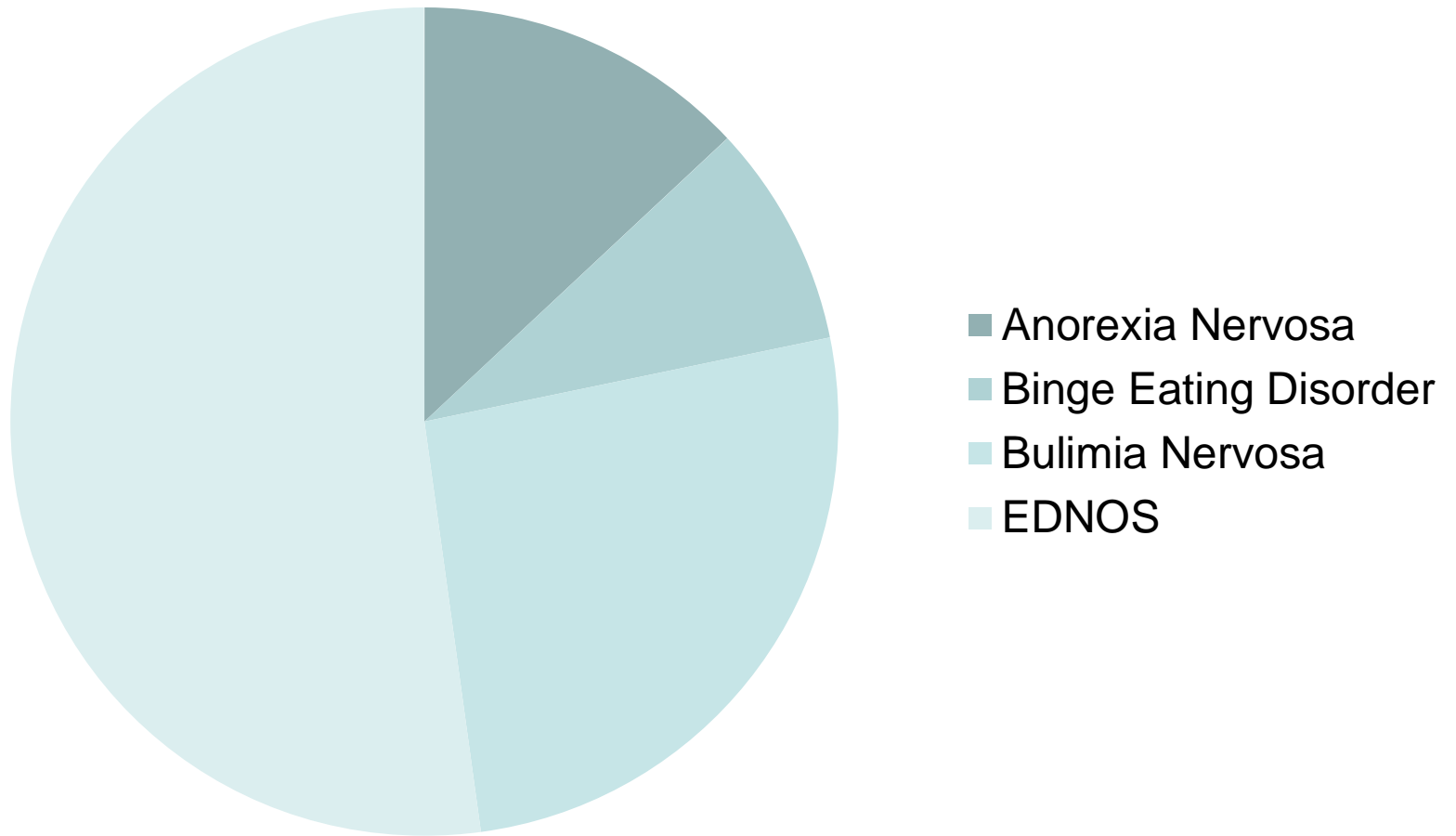
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Eating Disorder vs Disordered Eating?

- What do we mean by eating disorders?
- When is an eating disorder not an eating disorder?
- A few myths
- What can be done about these problems?

Prevalence of Eating Disorders



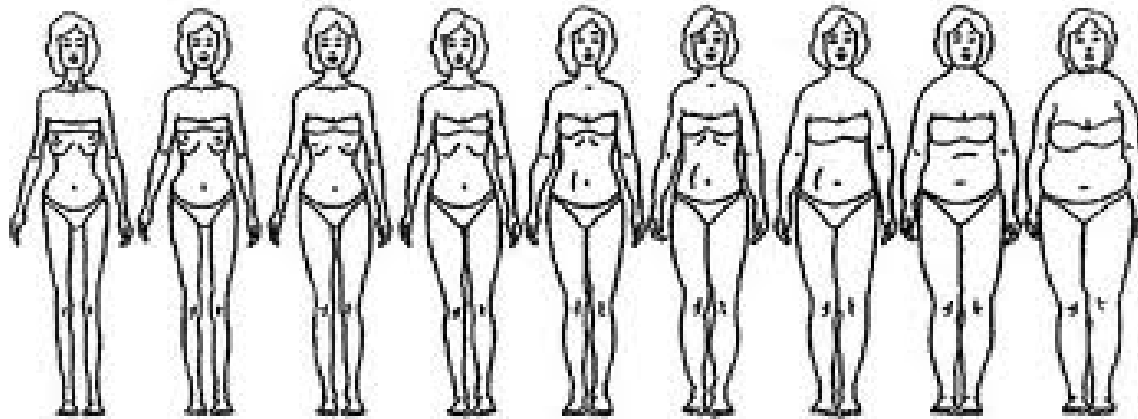
Anorexia Nervosa



Isabelle Caro (13 September 1982
– 17 November 2010)

- An irrational fear of gaining weight which leads to food restriction and other weight loss strategies
- Obsession relates to having a thin figure and the fear of weight gain is overwhelming
- Often associated with body image distortion
- Other behaviors include mirror gazing, repetitive weighing, measuring, body checking

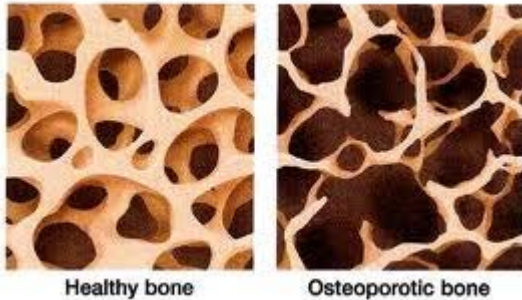
Body image distortion



Portion Distortion



Anorexia Nervosa Complications



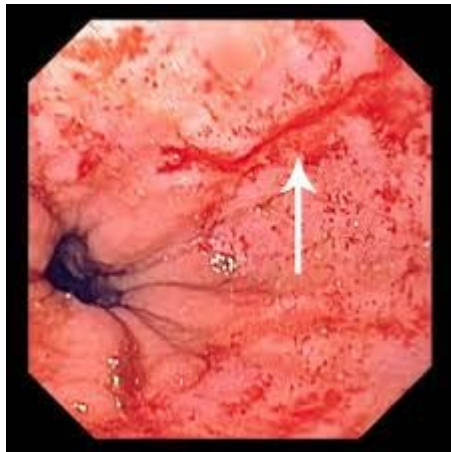
- It affects mood leading to anxiety / depression / OCD
- Starvation affects ALL of the internal organs
- Starvation leads to 'hibernation state'
- Low hormone levels affect the bones, fertility, and libido
- Starvation increases the chance of refeeding syndrome
- Highest mortality of any psychiatric disorder

Bulimia Nervosa



- Characterized by a cycle of bingeing and compensatory behaviours such as self-induced vomiting, laxative misuse, restriction
- A feeling of being out of control during the binge-eating episodes
- Self-esteem overly related to body image
- Body weight often in the 'healthy' range means that this is often a hidden condition

Bulimia Nervosa Complications



- Binging / purging leads to unstable blood sugar levels
- Mood is often erratic
- Bingeing can lead to rupture of the oesophagus or stomach
- Vomiting can cause tears in the oesophagus, erosion of teeth, electrolyte disturbance
- Laxative misuse to dehydration, electrolyte disturbance
- These complications can be fatal

Binge Eating Disorder



- A compulsion to overeat on a regular basis
- Very large quantities of food are consumed over a short period of time
- Binges are often planned and can involve "special" binge foods
- Binge eating can alternate with periods of dietary restriction
- Usually takes place in private, with a feeling of loss of control
- Often associated with feelings of guilt or disgust

Binge Eating Disorder Complications



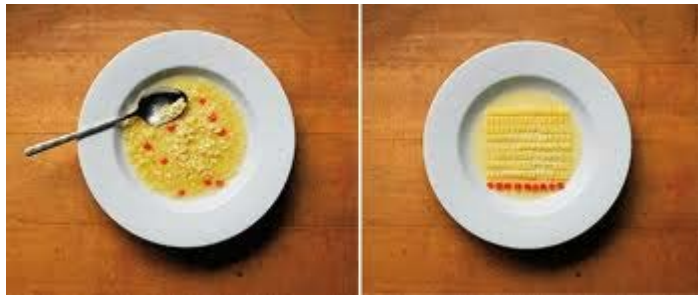
- Associated with depression, anxiety and low self esteem
- Often associated with obesity
- Complications of being overweight include: heart disease, high blood pressure, diabetes, osteoarthritis

EDNOS

- Eating Disorder Not Otherwise Specified (EDNOS) DSM-IV
- A feeding or eating disorder that causes significant distress or impairment, but does not meet the criteria for another feeding or eating disorder.
- Atypical anorexia nervosa
- Purging disorder
- And also...

Disorders where disordered eating is a major feature

- Obsessive Compulsive Disorder



Rules can revolve around food and eating

- Complex Post Traumatic Stress Disorder

Starvation/ binging / purging
can suppress memories and
flashbacks



More example of disordered eating

- Gender Dysphoria



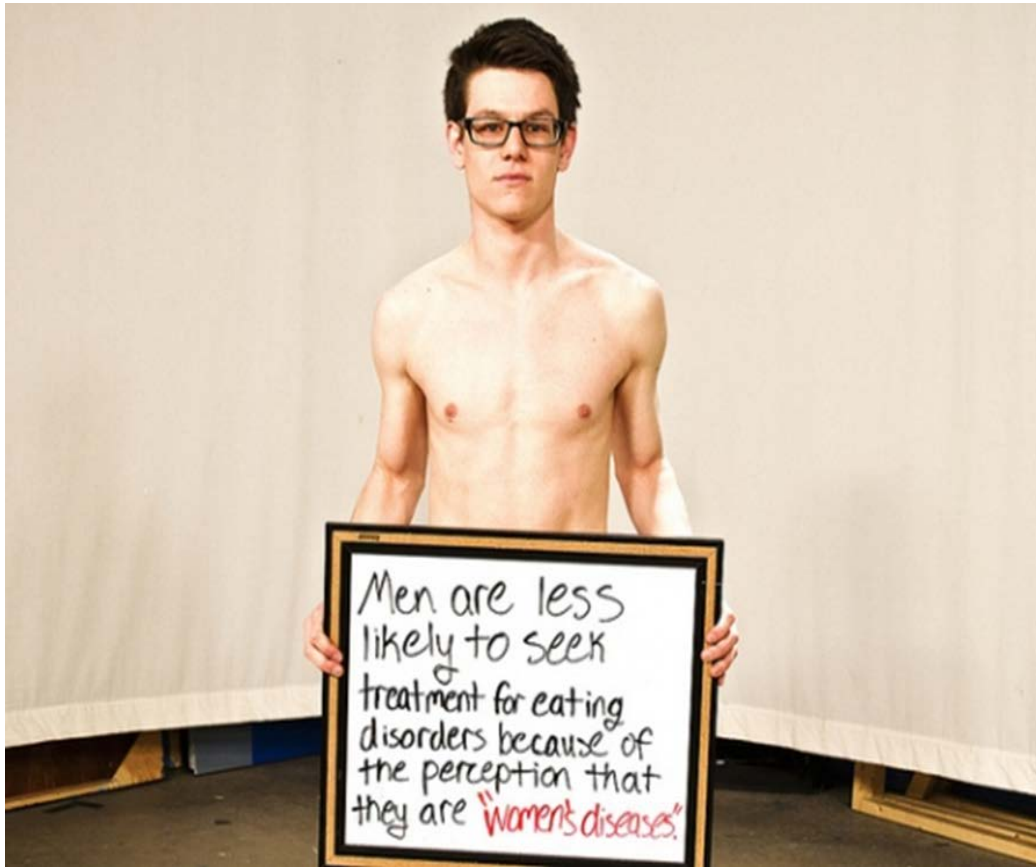
Starvation suppresses sex hormones and mean the body looks androgynous

- Asperger's / ASDs
Sensory issues
OCD
Something to control



Myths about Eating Disorders...

- They only affects young girls
- They are white middle class conditions
- They are just a matter of will power
- They are caused by the media



Men get eating disorders too
mengetedstoo.co.uk

What can be done?

- Motivation is key
- What works?
NICE guidelines
- Understand the underlying issues
- Understand the maintaining factors
- Stabilise the eating and weight
- Make small, steady changes



What can be done?

- Recovery takes TIME...



I refuse to be defined by my past, the size of my jeans, the number on a scale, or the opinions of others. I am an amazing, unique, and worthwhile person just as I am, here, now, as I stand before you today. I am a work in progress; ever growing, ever changing, ever moving forward. I am an amazing individual worthy of respect, love, and joy. My journey is no less important than your own. I do not seek your approval or permission to be who I choose to be. I am walking my own path at my own pace.

weighingthefacts.blogspot.com

Thank you for listening

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