

EATING DISORDERS

How to Tell if You or Someone You Know is Suffering from one

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INTRODUCTION

There are three major types of eating disorders, classified as Anorexia Nervosa, Bulimia Nervosa, and Binge-Eating disorder,

So what is each one?

Anorexia Nervosa is when someone heavily avoids or is intentionally restricting their food intake, typically also followed by extreme excess exercise.

Bulimia Nervosa is when someone repetitively eats large quantities of food, followed by the tendency to purge, whether that be by forced vomiting or laxatives and diuretics

Binge-Eating disorder like bulimia is an episode of unusually large food intake, however unlike bulimia is not typically followed by a purging episode and as a result can also lead to being over weight and obesity (NIH, 2024)

THE CAUSE

Eating disorders can be caused by several different factors such as weight, health, control and appearance. The medical illness itself is marked by the severe disturbances and tendency one has to become extremely fixated on these factors. Remember, that these disorders are not a choice and seriously affect the physical and mental well-being of you or someone you love. (NIH, 2024)

SIGNS/SYMPTOMS

Anorexia Nervosa: restricted eating, extensive exercise, extreme thinness, fear of gaining weight, distorted body image, denial (NIH, 2024)

Bulimia Nervosa: chronic inflamed and sore throat, swollen salivary glands, worn enamel from vomiting, acid reflux, severe dehydration, electrolyte imbalance (NIH, 2024)

Binge Eating disorder: eating rapidly, eating when full, eating when not hungry, feeling distressed or ashamed about eating, frequent dieting, eating until uncomfortable (NIH,2024)



EPIDEMIOLOGY

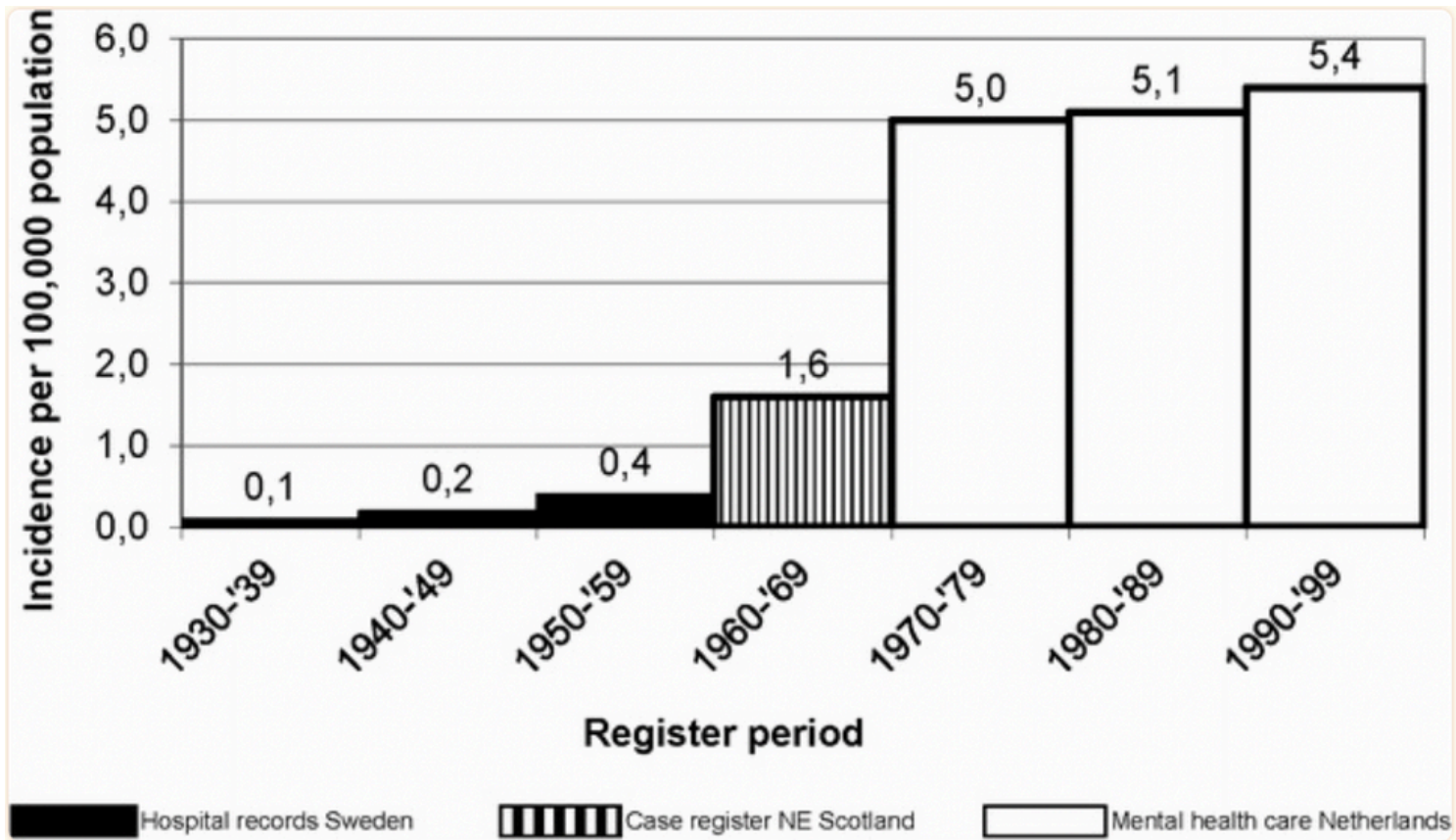
The epidemiology studies surrounding eating disorders are harder to attain. Eating disorders are seen as rare as patients have the tendency to conceal their illness as a way to avoid help and diagnosis, leading to most cases using medical records as their primary information source. (Smink, 2012)

Incidence:

Anorexia Nervosa: 1204 per 100,000 persons-year 95% Confidence Interval
Bulimia Nervosa: 438 per 100,000 persons-year 95% confidence interval
Binge-eating disorder: 1010 per 100,000 person-years (Smink, 2012)

Mortality:

Anorexia Nervosa: 5.1 deaths per 1000 persons
Bulimia Nervosa: 1.74 deaths per 1000 person-years
Binge-eating disorder + other non-specified: 3.31 deaths per person-years (Smink, 2012)



REGISTER PERIOD X INCIDENT PER 100,000 POPULATION (HOEK)

TREATMENTS AND GAPS IN KNOWLEDGE

People with eating disorders are at higher risk for medical and mental complications when not detected and treated early.

Support is a critical role in overcoming these disorders. Pushing a healthy self image and encouraging those suffering to seek professional help is extremely important. Treatment plans combinations of psychotherapy, medical care, monitoring, nutritional counseling, and medications. The end goal of these treatments is to restore nutrition, healthy weight and BMI, reduce the excessive need to exercise, and stop the purging and bingeing behaviors. (NIH, 2024)

Need help?

ANAD helpline:

888-375-7767

Nation Alliance for Eating Disorders helpline:

866-662-1235

Diabulimia helpline:

425-985-3635

Suicide and Crisis lifeline: 988

CITATIONS:
Smink, F. R. E., van Hoeken, D., & Hoek, H. W. (2012, August). *Epidemiology of eating disorders: Incidence, prevalence and mortality rates*. Current psychiatry reports. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3409365/>
U.S. Department of Health and Human Services. (n.d.). *Eating disorders*. National Institute of Mental Health. <https://www.nimh.nih.gov/health/topics/eating-disorders>