Eating Disorders
http://www.youtube.com/watch?v=9KPnBzx_bsk
History

- Anorexia was the first eating disorder to be classified.
- Criteria were developed in the 1970s.
- Bulimia was described in 1979 with criteria developed in the 1980s.
- Atypical eating disorders identified in the 1980s.
- Two newest: Night Eating Syndrome and Binge Eating Disorder.
Statistics

- 20% of all American women between the ages of 16 and 30 can be diagnosed with an eating disorder
- 1 in 10 eating disorders cases is male
- 1 in 4 anorexics referred for help is male
ED and Males

- Action Figures Are Bulking Up
  - A recent study noted that some of the most popular male action figures have grown extremely muscular over time. Researchers compared action toys today—including GI Joe and Star Wars’ Luke Skywalker and Hans Solo—with their original counterparts. They found that many action figures have acquired the physiques of bodybuilders, with particularly impressive gains in the shoulder and chest areas. Some of the action toys have not only grown more muscular but have also developed increasingly sharp muscle definition, such as rippled abdominals. As noted in the study, if the GI Joe Extreme were 70 inches in size, he would sport larger biceps than any bodybuilder in history.
Statistics

- 10% report beginning their eating disorder at age 10 or younger
- 33% age 11-15
- 43% age 16 to 20
Eating Disorders

- **Anorexia**
  
  Pursuit of thinness
  Refusal to maintain weight above accepted standards for weight and height
  Intense fear of gaining weight
  Disturbance in the way the body is experienced
  Loss of menstruation
Eating Disorders

- Anorexia

Characteristics include:

- Irrational fear of becoming overweight
- Distorted perception of body image
- Denial of illness

DSM-IV: Diagnostic and Statistical Manual of Mental Disorders
Eating Disorders

- **Bulimia**
  - Feelings of being out of control
  - Unable to voluntarily stop eating
  - Often maintain normal body weight
Eating Disorders

- **Bulimia**
  Only recognized as distinct disorder since 1980.

  Characteristics include:
  Recurrent episodes of binge eating and vomiting, laxative use, fasting and excessive exercise

*DSM-IV: Diagnostic and Statistical Manual of Mental Disorders*
Bulimia

- Recurrent episodes of binge eating

- A binge is:
  - Eating in a discrete period of time an amount of food that is larger than most people eat during a similar time and circumstances
  - A sense of lack of control over eating during the episode
Bulimia

- Self evaluation is influenced by body weight and shape
Dangerous Weight Control Methods

- Ipecac syrup
  - Weaken heart muscle leading to heart attack and DEATH
Dangerous Weight Control Methods

- Laxatives
  - Does not reduce weight
  - Fluid only loss which can severely affect electrolytes
  - Permanent bowel damage
Dangerous Weight Control Methods

- Water Pills
  - Dehydration, kidney damage, DEATH
Dangerous Weight Control Methods

- Diet Pills
  - Addictive
  - Permanent body damage
**Dangerous Weight Control Methods**

- Excessive exercise
  - Exercising for hours a day
  - Excessive guilt if not exercising
# Eating Disorders: Diagnostic Criteria

<table>
<thead>
<tr>
<th>ANOREXIA</th>
<th>BULIMIA</th>
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<tbody>
<tr>
<td>Refusal to maintain body weight</td>
<td>Recurrent episodes of binge eating by both eating an inordinate amount of food during a 2 hour period and no control over eating during that time period.</td>
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<tr>
<td>Intense fear of weight gain though underweight</td>
<td>Recurrent prevention of weight gain by vomiting, misuse of laxatives, diuretics, enemas, excessive exercise</td>
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<tr>
<td>Disturbance in body perception; undue influence of body perception on self-esteem</td>
<td>Binging and purging at least 2 times a week for three months</td>
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<tr>
<td>Denial of seriousness of current low body weight</td>
<td>Undue influence of body shape/weight on self-evaluation</td>
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<td>Absence of at least three consecutive menstrual cycles</td>
<td>Does not occur exclusively during episodes of anorexia</td>
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</tbody>
</table>
Consequences: Anorexia

- Malnourished
- Dehydration
- Ketones
- Loss of menses
- Skin problems
- Cold hand and feet
- Hair loss
Consequences: Anorexia

- Lanugo
- Infertility
- Stomach problems
- Cardiac arrest
- DEATH
Consequences: Bulimia

- Dehydration
- Irregular heart beat, changes in electrolytes
- Tears in the esophagus
- Hair loss
- Erosion of the teeth enamel
- Chronic sore throat
- Ulcers, abrasions
- DEATH
Other Types of Eating Disorders

- **Eating Disorders Not Otherwise Specified (NOS)**
  
  Individuals who do not meet full criteria for anorexia or bulimia

  Often have symptoms of both disorders
Other Types of Eating Disorders

- **Binge Eating Disorder**
  - Similar to bulimia
  - No obsession with body shape or weight
  - Do not purge
  - Feel anxious about the amount of food consumed
  - Majority are obese
Other Types of Eating Disorders

- Binge Eating Disorder
- Eating alone because of embarrassment
- Self-disgust, depression or guilt after eating
- Will be a diagnosable condition in DSM 5.
Other Types of Eating Disorders

- **Night Eating Syndrome**
  - First described in 1955
  - Anorexia in the morning, binging at night time
  - Related to life stress, insomnia
  - 56% of calories consumed between 8:00 pm and 6:00 am
  - Insomnia and mood disturbance
Other Types of Eating Disorders

- **Night Eating Syndrome**
- Occurs 1.5% in general population
- 10% of clinic treated obese
- 25% in those undergoing surgical treatment for obesity
- 5% of those with insomnia
Eating Disorders and the Internet

Do you know who Ana and Mia are?
Eating Disorders and the Internet
Warning - Disclaimer

This site is a **pro-ana pro-mia** website plus forum and anorexic / bulimic chat room. It is for support of those who already have anorexia / bulimia and/or those that accept people that are anorexic or bulimic.

Some images, links text and thinspiration may be considered triggering in nature. Being here then please leave. You will not find information contained within this web site, forum, or any site linked to this condition of anorexia / bulimia / other eating disorders plus the pro-ana pro-mia movement then you must also leave this site.

Also you will not use this pro-ana pro-mia web site and or forum against anyone in any conceivable manner.

By entering this proana promia web site you are signing a digital certificate stating that you have read and understand the above mentioned conditions and you are entering this proana promia site knowingly and willingly of the aforementioned conditions.

Entering by any other circumstance is perjury and can be punishable by law.
The Ana Creed

- The Ana Creed
- I, Ana, believe in Control, the only force mighty enough to bring order to the chaos that is my world.
- I believe that I am the most vile, worthless and useless person ever to have existed on this planet, and that I am totally unworthy of anyone’s time and attention.
- I believe that other people who tell me differently must be idiots. If they could see how I really am, then they would hate me almost as much as I do.
- I believe in oughts, musts and shoulds as unbreakable laws to determine my daily behaviour.
- I believe in perfection and strive to attain it.
- I believe in salvation through trying just a bit harder than I did yesterday.
- I believe in calorie counters as the inspired word of god, and memorise them accordingly.
- I believe in bathroom scales as an indicator of my daily successes and failures.
- I believe in hell, because I sometimes think that I’m living in it.
- I believe in a wholly black and white world, the losing of weight, recrimination for sins, the abnegation of the body and a life ever fasting.

http://mamavision.com/2006/11/10/ana-mia/
Pro Ana