

If you know someone who is suffering from an eating disorder, or you need help, don't delay—support is all around you.

AABA - American Anorexia/Bulimia Association

165 West 46th St. #1108
New York, NY 10036
(212) 575-6200

<http://members.aol.com/AmanBu/>

AFED - Alliance to Fight Eating Disorders

P.O. Box 14990
Minneapolis MN 55414-0990
(612) 824-2353

ANAD - National Association for Anorexia Nervosa and Associated Disorders

P.O. Box 7
Highland Park, IL 60035
(847) 831-3438

<http://www.members.aol.com/anad2>

EDAP - Eating Disorders Awareness and Prevention

603 Stewart Street, Suite 803
Seattle, WA 98101
(206) 382-3587
Hot Line - 1-800-931-2237

<http://www.edap.org>

NEDO - National Eating Disorder Organization

6655 S. Yale Avenue
Tulsa, Oklahoma 74136-3329
(918) 481-4044

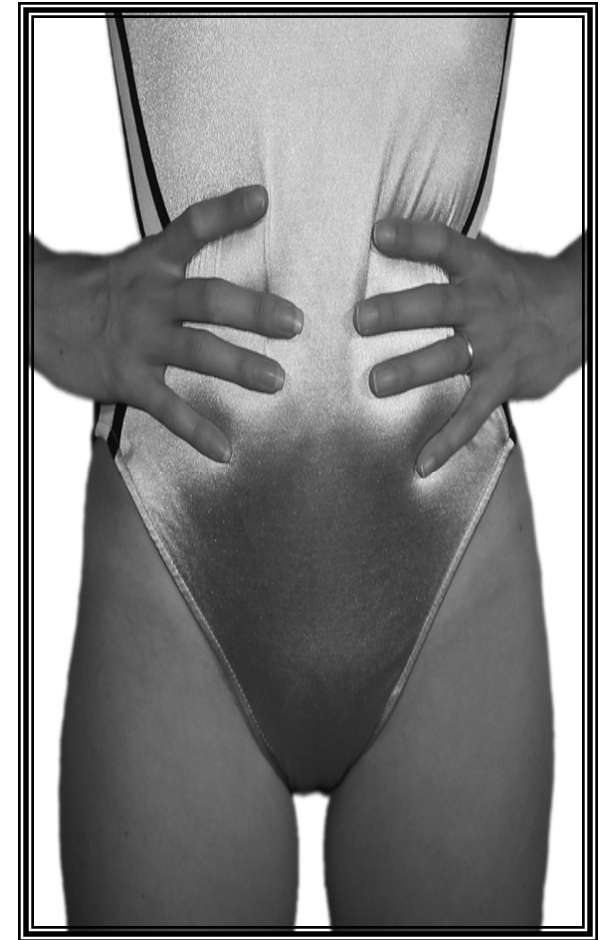
<http://www.laureate.com/nedo-con.html>

Most American women are dissatisfied with their appearance. This mindset has driven many individuals to develop eating disorders in attempt to control their weight. But the health implications are endless—even resulting in death. Education is the best defense; the more we familiarize ourselves with these disorders, the closer we are to helping those around us combat this epidemic.

National Organization of Eating Disorders

P.O. Box 44514
Seattle, Washington 98101
(206) 854-1946
Toll Free: 1-800-766-9456
www.noed.com

Eating Disorders:



**Educate yourself.
Educate others.**

Anorexia Nervosa

Anorexia is characterized by a significant weight loss resulting from excessive dieting. Most women and an increasing number of men are motivated by the strong desire to be thin and a fear of becoming obese. Anorexics consider themselves to be fat, no matter what their actual weight is. Often anorexics do not recognize they are underweight and may still "feel fat" at 80 lbs. Anorexics close to death will show you on their bodies where they feel they need to lose weight. In their attempts to become even thinner, the anorexic will avoid food and taking in calories at all costs, which can result in death. An estimated 10 to 20% will eventually die from complications related to it.

Bulimia Nervosa

Bulimia is characterized by a cycle of binge eating followed by purging to try and rid the body of unwanted calories. A binge is different for all individuals. For one person a binge may range from 1000 to 10000 calories, for another, one cookie may be considered a binge. Purging methods usually involve vomiting and laxative abuse. Other forms of purging can involve excessive exercise, fasting, use of diuretics, diet pills and enemas.

Bulimics are usually people that do not feel secure about their own self worth. They usually strive for the approval of others. They tend to do whatever they can to please others, while hiding their own feelings. Food becomes their only source of comfort. Bulimia also serves as a function for blocking or letting out feelings. Unlike anorexics, bulimics do realize they have a problem and are more likely to seek help.

Compulsive Overeating

Compulsive overeating is characterized by uncontrollable eating and consequent weight gain. Compulsive overeaters use food as a way to cope with stress, emotional conflicts and daily problems. The food can block out feelings and emotions. Compulsive overeaters usually feel out of control and are aware their eating patterns are abnormal. Like bulimics, compulsive overeaters do recognize they have a problem.

Getting Help

Admitting that you have an eating disorder is a difficult task; acceptance is equally challenging. It is not necessary to battle this alone—help is all around. Just because this is an individual problem does not mean that it needs to be dealt with alone. Many sufferers feel embarrassed or ashamed. Remember, getting help is a support system. The fight towards freedom is just a helping hand away. Treatment may include:

- Individual therapy
- Family therapy
- Group therapy
- Support groups
- Medical counseling
- Nutritional counseling
- Medications
- Hospitalizations



Symptoms

- Fatigue and lack of energy
- Loss of menstruation
- Dizziness and headaches
- Dehydration
- Shortness of breath
- Irregular heartbeats
- Cold hands and feet
- Bloating
- Constipation
- Hair loss
- Stomach pains
- Decreased metabolic rate
- Water retention
- Fine downy hair (especially on face)
- Kidney and liver damage
- Erosion of teeth enamel (in bulimics)

Who gets eating disorders?

- Approximately 1% of adolescent girls develop anorexia nervosa.
- Approximately 2-3% of young women develop bulimia nervosa.
- Two percent of adults suffer from binge eating disorder.
- Some 90% of those with eating disorders are adolescent and young women.
- Men may constitute as many as 25% of those exhibiting binge eating disorders.
- Bulimia is as high as 15% in college-aged women.
Although the common perception is that eating disorders are most prevalent among white, upper middle class young women, recent research indicates that of those who suffer from eating disorders:
 - 1 in 5 are poor
 - 1 in 4 are non-white
- Teenagers with asthma, attention deficit disorder, diabetes, and other chronic illnesses are reported to experience eating disorders 2 to 4 times more often .