

Eating Disorders

Help for Eating Disorders:

- Medical attention is needed for a proper diagnosis and health evaluation
- Professional counseling
- Education about good nutrition, healthy weight loss and appropriate exercise programs
- Support from family members and friends
- Discussions with others in self-help groups

Healthy eating is an important aspect of well-being and many people struggle to maintain a healthy diet. Eating disorders are life-threatening and cause significant deterioration in a person's physical, social, psychological and spiritual functioning.

Eating Disorders strike both females and males of all ages, races, religions and economic backgrounds.

The most common eating disorders include:

Anorexia Nervosa—self-starvation, food preoccupation, rituals, compulsive exercising.

Bulimia Nervosa—binge eating, when large amounts of food are consumed in a short period of time. Binges may be followed by purging, through self-induced vomiting, abuse of laxatives and/or diuretics, or periods of fasting.

Compulsive Overeating—compulsive eating without purging that results in overweight.

Resources for further information:

www.anad.org

www.NationalEatingDisorders.org

www.EDReferral.com

www.ABBHH.org

Warning Signs:

- Fear of being unable to stop eating once you start
- Abusing drugs or alcohol before "binge eating"
- Intentional vomiting after meals
- Compulsive exercise with strict "exercise rules"
- Constant low calorie or crash dieting
- Using body weight and being thin to measure self-worth
- Thinking or talking constantly about food
- Refusing to discuss food at all

How Can Family or Friends Help?

- Increase your knowledge about eating disorders
- Talk about your concern in a loving and supportive way
- Be prepared that the person may deny that she/he has a problem
- Be available when your loved-one needs assistance
- Encourage the person to seek professional help, someone who specializes in eating disorders (physician, therapist, or dietician)

For free, confidential assistance with this and other health and wellness related concerns call Workplace Solutions at 800-327-5071.