

# Eating Disorders

**Binge:** Eating an amount of food in one sitting that is much larger than would normally be eaten in a single meal

**Purge:** Method of artificially removing food from the body. There are three types of purging:

1. Inducing Vomiting
2. Use of laxatives
3. Extreme exercise

10:1 ratio of females/males in eating disorders

## Anorexia Nervosa

Anorexia Nervosa means “Lack of appetite induced by nervousness”

### DSM Criteria for Anorexia Nervosa

- *Refusal* to maintain a body weight that is normal for the person’s age and weight (i.e. a reduction of body weight to about *85% of what would normally be expected*)
- Intense fear of gaining weight or becoming fat, even though underweight
- Distorted perception of body shape and size
- Absence of at least three consecutive menstrual periods (or lowered testosterone levels in men)

### Two types:

**Restricting** – severe limits are placed on how much food is taken in

**Binge/Purge** – Eating large amounts of food combined with a method of purging

Risks associated with Anorexia:

*Anorexia is the most lethal psychiatric disorder*

12 times increased risk of death from a person without the disorder – may suffer irreversible brain atrophy even if they do not die from malnutrition.

Most common age of onset: 15-19 ~~~ Lifetime prevalence 0.5% (5 in 1000)

Side effects of anorexia: cold hands, difficulty dealing with cold, yellowish skin, dry or downy hair, brittle hair and nails, low blood pressure, may feel tired dizzy and weak

## **Bulimia**

Bulimia Nervosa – Cyclical combination of binge eating and purging.

*Must be above 85% of normal weight.*

Anorexia nervosa disorder will override diagnosis of bulimia because of severity.

Intense fear of gaining weight.

Usually normal weight or even slightly overweight

May consume as many of 4800 calories in a single binge.

Most common age of onset: 20-24 ~~~ Lifetime prevalence 1-3% (10-30 in 1000)

Side effects of bulimia: calluses on hands, tooth decay (from stomach acid erosion), swollen salivary glands

### **Eating Disorder Not Otherwise Specified (EDNOS)**

Evidence of an eating disorder without specifically matching DSM criteria for other disorder

### **Binge Eating Disorder (BED)**

Binging without purging

Typically results in the individual being severely overweight

Usually between 30 and 50 years old