



Gateway to Hope
Training Program of HHCI

Eating Disorders

What are Eating Disorders?

- A serious illnesses that causes severe disruptions to a person's eating behaviors due to obsessions with food, body weight, and shape

Types of Eating Disorders

- **Anorexia Nervosa**
- **Bulimia Nervosa**
- **Binge Eating Disorders**

What is Anorexia Nervosa?

- Anorexia nervosa is an irrational fear of gaining weight
 - As a result, food intake is restricted to very small quantities of certain foods which can cause someone to become dangerously thin

Know the Symptoms

- Extreme eating restrictions
- Abnormal thinness
- Intense fear of gaining weight
- Unwilling to maintain a healthy weight
- A relentless pursuit of thin
- Distorted body image

Long-Term Effects of Anorexia

- Thinning bones
- Muscle weakness
- Brittle hair and nails
- Dry skin
- Growth of hair on body
- Severe constipation
- Low blood pressure
- Brain damage
- Heat damage
- Organ failure
- Low internal body temperature
- Feeling sluggish and tired
- Infertility

What is Bulimia Nervosa?

- Bulimia nervosa is recurrent and frequent episodes of eating unusually large amounts of food and lacking of control over these episodes
- This binge-eating is followed by purging behavior such as forced vomiting, excessive use diuretics, fasting, or excessive exercise

Know the Symptoms

- Chronic inflammation of the throat
- Swollen salivary glands in the neck and jaw
- Tooth sensitivity and decay
- Acid reflux
- Intestinal distress and irritation
- Severe dehydration
- Electrolyte imbalance

What is Binge Eating Disorder?

- Binge eating is a pattern of disordered eating which consists of episodes of uncontrollable eating
- During a binge, a person consumes an excessive amount of food quickly

Know the Symptoms

- Eating unusually large amounts of food
- Eating when they are not hungry
- Eating fast during binge episodes
- Eating until uncomfortably full
- Eating alone or in secret
- Feeling distressed or ashamed, about eating
- Frequent dieting