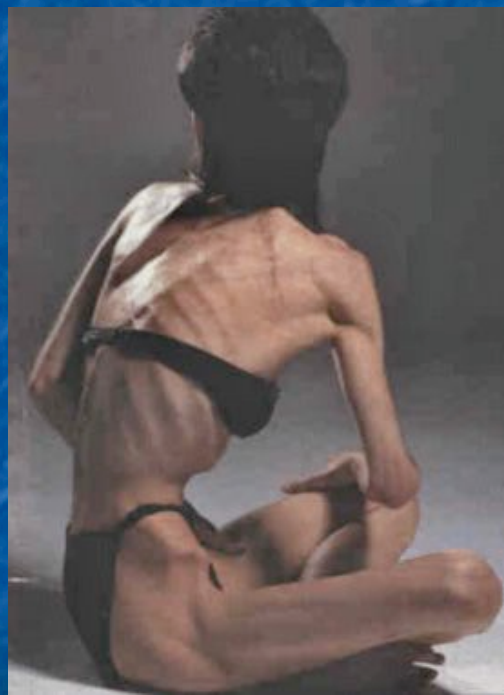


Anorexia Nervosa



Learning Objectives

- At the end of the presentation, students will be able to:
 - Define anorexia
 - Differentiate anorexia and bulimia
 - List 5 warning signs of anorexia
 - Identify some of the health consequences of anorexia
 - List 4 treatment methods for anorexia

What is Anorexia?



- An eating disorder characterized by self-starvation and excessive weight loss.
- It usually occurs in teenage girls but it can also affect everybody.
- People with anorexia are ALWAYS hungry

What is Anorexia?

- People with anorexia are obsessed with being thin.
- They lose a lot of weight but and are afraid of gaining weight.
- They believe they are fat when they are thin.



What is the difference between anorexia and bulimia?

■ Anorexia

- Self starvation
- Avoidance of high calorie foods
- Exercise constantly



■ Bulimia

- Eat huge amounts of food
- Throw up after eating
- Take laxatives or diuretics

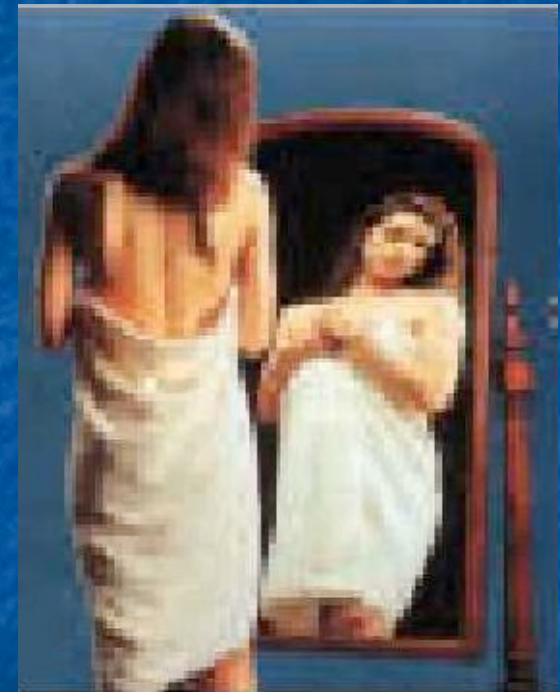


Causes of Anorexia

- There is not a specific cause of anorexia
- People with anorexia may believe that they would be happier and more successful if they were thin.
- Influence of fashion magazines, models and popular singers.
- They want life to be perfect.

Warning Signs of Anorexia

- Dramatic weight loss
- Preoccupation with weight, food, calories, fat grams, and dieting
- Refusal to eat
- Comments about feeling “fat” when the person is too thin
- Fear of gaining weight or being “fat”



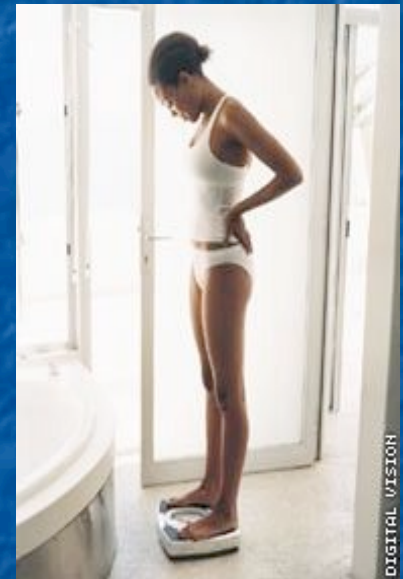
Warning Signs of Anorexia

- Denial of hunger
- Growth of thinning hair (lanugo) on the body.
- Development of food rituals
- Excuses to avoid mealtimes
- Excessive and rigid exercise
- Withdrawal from friends and activities



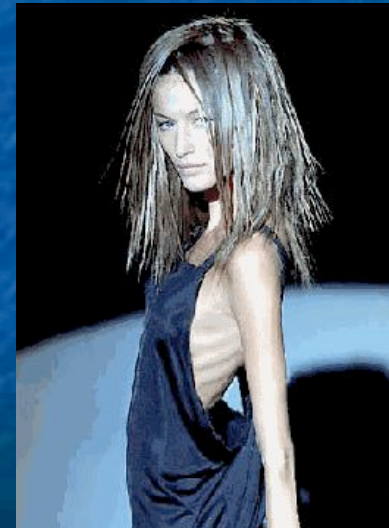
Primary Symptoms

- Resistance to maintaining weight at or above a minimally normal weight.
- Intense fear of weight gain or being fat.
- Disturbance in the way in which one's body weight or shape is experienced.
- Lost of menstrual periods in girls and women post-puberty.



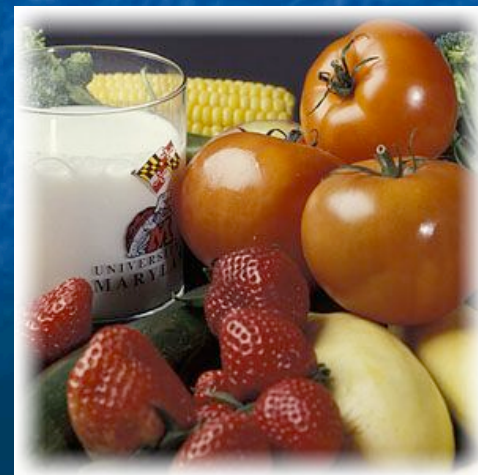
Health Consequences

- The body is denied the essential nutrients it needs to function normally. This causes:
 - Slow heart rate and low blood pressure
 - Reduction of bone density
 - Muscle loss and weakness
 - Dehydration, kidney failure
 - Fainting and fatigue
 - Dry hair and skin, hair loss
 - Growth of lanugo all over the body



Treatment for Anorexia

- Address physical effects of the anorexia
- Gain weight
- Implement a plan for healthy eating or nutritional counseling
- Adjust to the new eating habits and increased body weight
- Psychotherapy
- Medical supervision
- Some antidepressants may be prescribed



How can family and friends help?

- Family and friends can help a person with anorexia by loving her/him.
- Support them and join a counseling group
- Go with the patient to medical treatment
- Do not criticize them or make them feel ugly or bad.



Review Questions

1. Define anorexia
2. Anorexia is an eating disorder characterized by eating huge amounts of food: TRUE FALSE
3. People with anorexia have a great fear of _____ weight and see themselves _____ when they are really thin.
4. List 3 warning signs of anorexia
5. List 2 health consequences of anorexia