

EATING DISORDERS

Eating disorders have come a long way in the past years. There used to be no treatment for people suffering from them, now there are several different ways to receive treatment. This disease was not even recognized as a disease years ago. In the 70's women suffering from anorexia that were hospitalized, were force-fed to gain weight. We now know that this type of disease takes time and caring to help the person overcome their issues with their body. This is a disease of the mind that directly impacts the body. It is a control issue more than anything.

Anorexia is not the only eating disorder out there. There are bulimia and overeaters as well. These diseases can overlap one another, and a person may practice both anorexia and bulimia. There are those who also exercise excessively to "burn off" the food that has been consumed. Overeaters suffer from the same types of body image issues as those of the anorexics; their motives are just a little different. There is not just one way of feeling bad about your body, there are several, and it is not immune to just women. Men too can suffer from these diseases. They are at a much lesser risk of developing an eating disorder than women, but it can still happen.

There are some potential risk factors that you can look for to help prevent this disease in a loved one. There are many risk factors associated with this disease, but here is a list of some of the more common risk factors:

1. Perfectionism
2. Low self-esteem
3. Age
4. Gender (female)
5. Weight (obesity)
6. History of depression
7. Frequenting dieting behaviors
8. Body image dissatisfaction
9. Unhealthy weight control behaviors (i.e. laxatives, diet pills)

If you are concerned about whether or not you, or maybe a loved one may be suffering from an eating disorder, please consult your physician or counselor. This disease can kill if gone untreated.

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