



Types of Eating Disorders

Dieting done under the supervision of a qualified physician or nutrition professional can be a healthy method of weight loss and may result in a better body image and a healthier body. Some people, however, diet with such extreme restrictions that they rob their body of most of the nutrients they need. Over time, they literally starve themselves. They may be suffering from anorexia nervosa. On the other hand, some people diet by consuming enormous quantities of easily ingested foods and then purge (vomit or use laxatives) to rid their bodies of the unwanted calories. This eating pattern is called bulimia. The compulsive overeater is an individual who compulsively eats. These disorders are now affecting people (both male and female) of all races and socioeconomic groups. The three eating disorders are seemingly very different: one starves; one binges and purges, one eats continually throughout the day. Yet, psychologically, there are many similarities. The victims have low self-esteem, are obsessed with food, need help and support from professionals and family, develop these disorders from stress, social pressures, or psychological problems, and have very distorted body images. If left untreated, these eating disorders cause many physical and emotional problems. If you or someone you know may be suffering from an eating disorder, look for these symptoms:

Anorexia:

- Unusual eating habits or refusal to eat normally;
- Excessive weight loss (25% of body weight);
- Extreme physical activity;
- Hair, nail, or skin problems;
- Depression and low self-esteem;
- Denial of the problem.

Bulimia:

- Purchase of large quantities of food;
- Abuse of laxatives or diuretics;
- Secretive behavior regarding eating habits;
- Weight fluctuations;
- Depression;
- Denial of the problem.

Compulsive Overeating (Binge Eating Disorder):

- Compulsively eating but no purging;
- Becoming overweight;
- Eating 3 meals a day plus frequent snacks;
- Overeating continually throughout the day rather than consuming large amounts of food during binges.

For more information, follow the following links:

[National Eating Disorders Association](http://www.nationaleatingdisorders.org/p.asp?WebPage_ID=337)

(http://www.nationaleatingdisorders.org/p.asp?WebPage_ID=337)

[Eating Disorders Association](#)

(<http://www.edauk.com/default.htm>)
[Something Fishy Website on Eating Disorders](http://www.something-fishy.org/)
(<http://www.something-fishy.org/>)
[Eating Disorders Resources](http://www.gurze.com/)
(<http://www.gurze.com/>)
[Anorexia and Related Eating Disorders, Inc.](http://www.anred.com/toc.html)
(<http://www.anred.com/toc.html>)
[Medline Plus](http://www.nlm.nih.gov/medlineplus/eatingdisorders.html)
(<http://www.nlm.nih.gov/medlineplus/eatingdisorders.html>)
[Academy for Eating Disorders](http://www.aedweb.org/)
(<http://www.aedweb.org/>)
[Eating Disorders Disordered Culture](http://www.eating.ucdavis.edu/default.html)
(<http://www.eating.ucdavis.edu/default.html>)
[Eating Disorder Referral and Information Center](http://www.edreferral.com/)
(<http://www.edreferral.com/>)

For more information or assistance:

USF students may call 974-2831;

Faculty and staff may call 974-5469