

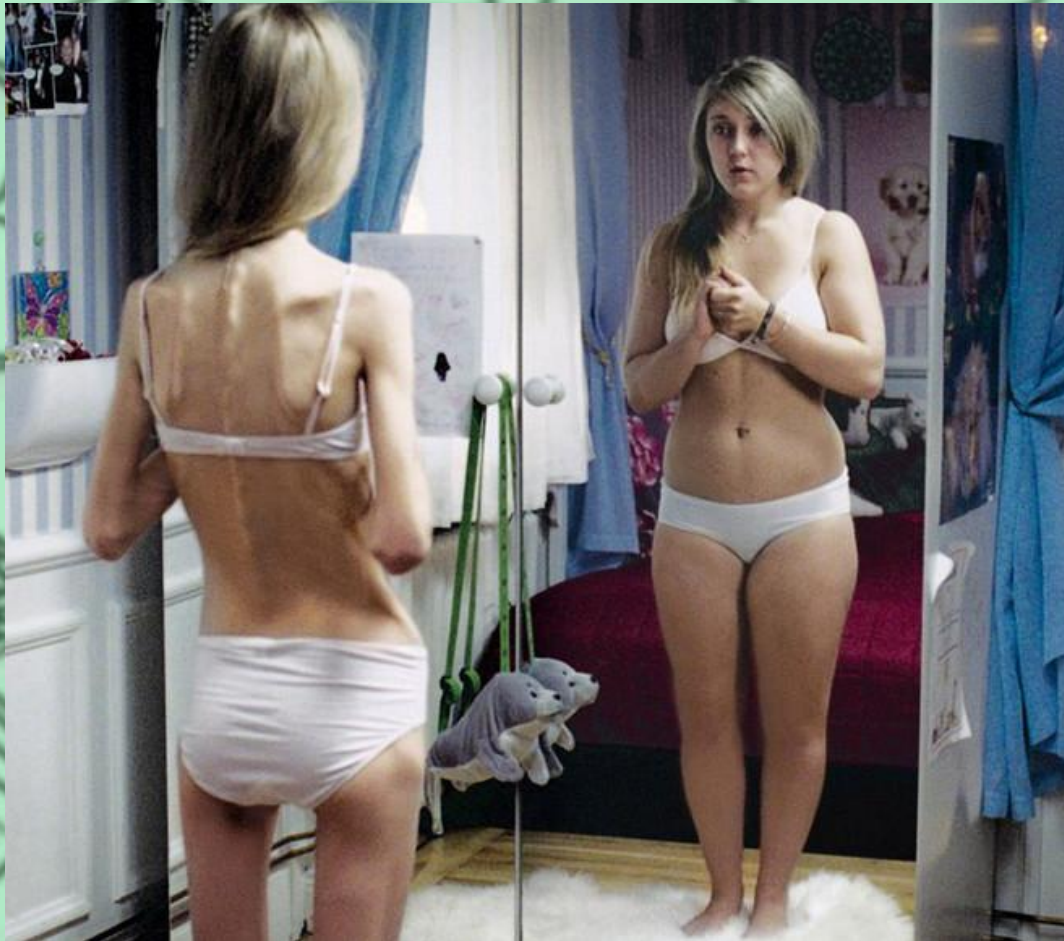
Anorexia



What is this?

It is an eating disorder characterized by a low weight, fear of gaining weight, a strong desire to be thin, and food restriction.





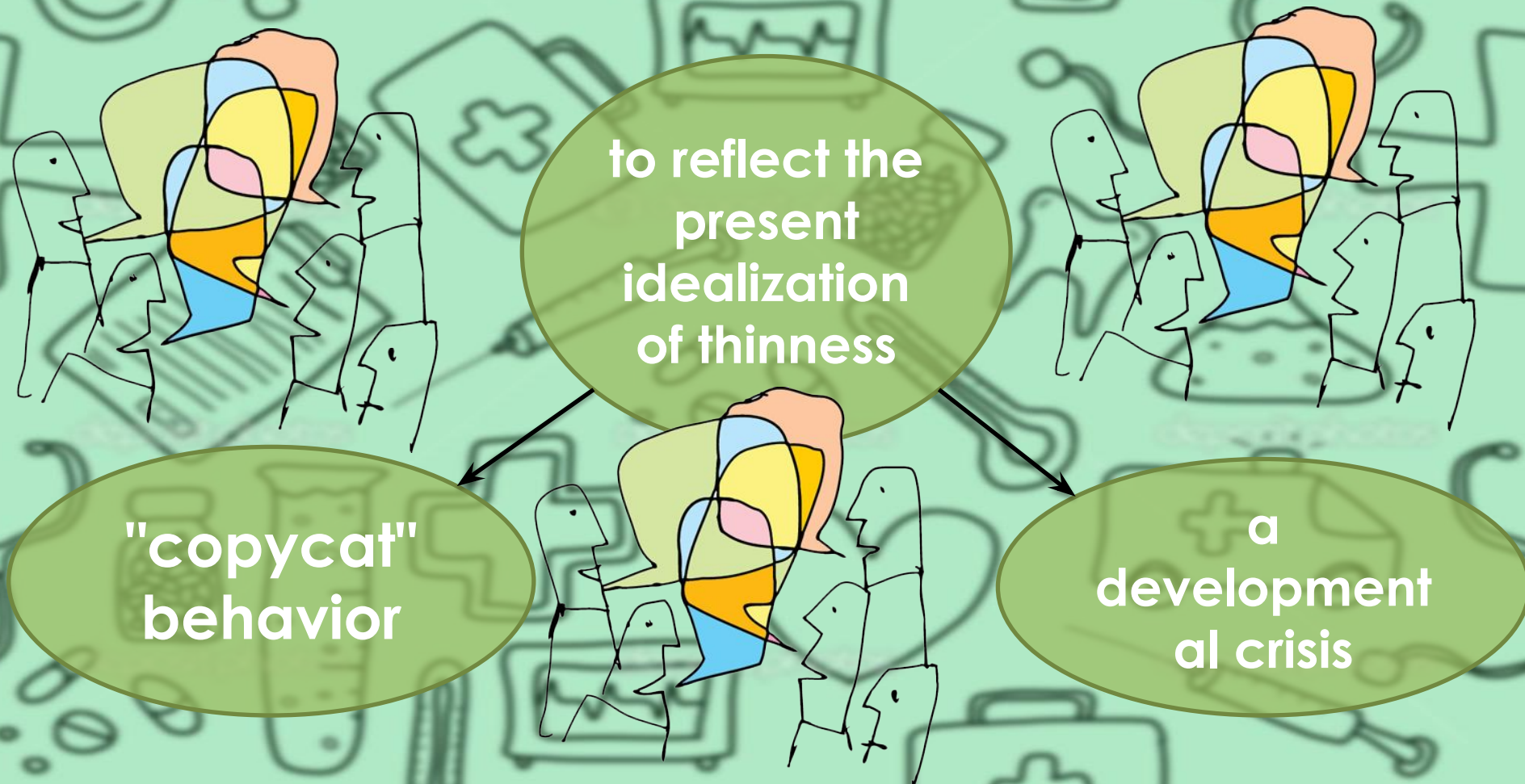
Why is there such a problem?

Symptoms


- Refusal to maintain a normal body mass index;
- Fear of even the slightest weight gain;
- Rapid weight loss;
- Obsession with calories



Social influences



Treatment



Treatment of anorexia nervosa includes both short- and long-term measures and requires assessment by dietitians and psychiatrists as well as medical specialists.

Hospitalization



- weight of 40 percent or more below normal severely disturbed
 - metabolism
- severe bingeing and purging
 - signs of psychosis
- severe depression or risk of suicide
 - family in crisis

Parental concerns



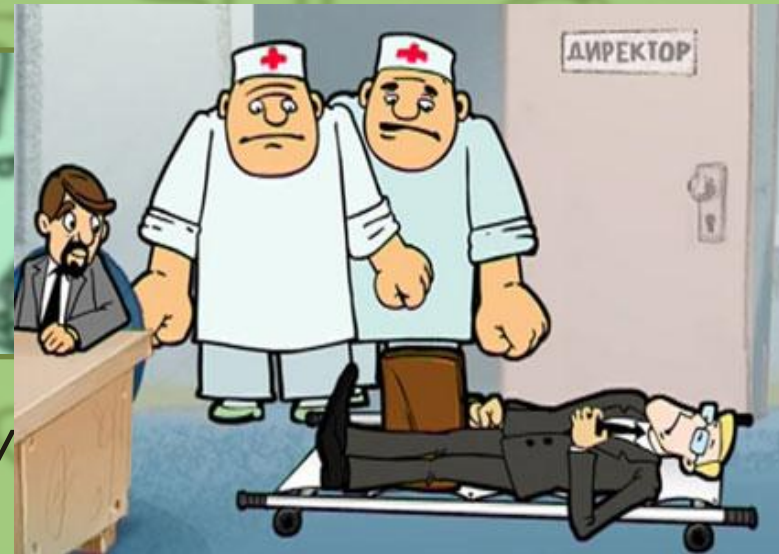
to teach
children the
importance
of healthy
eating

instilling
healthy
eating by
example

avoiding
using food
as a
punishment
or reward



Health Consequences of Anorexia Nervosa



- *slow heart rate and low blood pressure;*
- *reduction of bone density*
- *muscle loss and weakness;*
 - *dry hair and skin;*
 - *severe dehydration.*

Control what you eat!



Healthy Dieting

Healthy dieting is an attempt to control weight.

Your self-esteem is based on more than just weight and body image.

You view weight loss as a way to improve your health and appearance.

Your goal is to lose weight in a healthy way.

Anorexia

Anorexia is an attempt to control your life and emotions.

Your self-esteem is based entirely on how much you weigh and how thin you are.

You view weight loss as a way to achieve happiness.

Becoming thin is all that matters; health is not a concern.

The difference between dieting and anorexia

