



EATING DISORDER?

Millions of people within the U.S. suffer from eating disorders.

Be aware of what the symptoms are. Your desire to be thin may be killing you.

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of New York



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What are the signs of an eating disorder?

While there are several types of eating disorders, general eating disorders are characterized by

- severe disturbances in eating behavior
- distress or excessive concern about body shape or weight

Denial of symptoms and reluctance to seek treatment make treatment especially challenging.

What types of eating disorders are there?

There are 3 different types of eating disorders.

ANOREXIA as characterized by:

- Refusal to maintain body weight at or above a minimally normal weight for age and height.
- Intense fear of gaining weight or becoming fat, even though under weight.
- Disturbance in the way one's body weight or shape are experienced, undue influence of body weight or shape on self evaluation, or denial of the seriousness of the current low body weight.
- Missing at least 3 menstrual cycles due to weight loss.

There are 2 subtypes of Anorexia:

Restricting type: the person *has not* regularly engaged in binge-eating or purging behavior.

Binge-eating-purging type: the person *has* regularly engaged in binge-eating or purging behavior.

Bulimia Nervosa as characterized by

- Recurrent episodes of binge eating characterized by both:
- Eating, in a discrete period of time (e.g., within any 2-hour period), an amount of food that is definitely larger than most people would eat during a similar period of time and under similar circumstances
- A sense of lack of control over eating during the episode, defined by a feeling that one cannot stop eating or control what or how much one is eating
- Recurrent inappropriate compensatory behavior to prevent weight gain
- Self-induced vomiting
- Misuse of laxatives, diuretics, enemas, or other medications
- Fasting
- Excessive exercise
- The binge eating and inappropriate compensatory behavior both occur, on average, at least twice a week for 3 months.
- Self evaluation is unduly influenced by body shape and weight.



Eating Disorder not Otherwise Specified

- All of the criteria for Anorexia Nervosa are met except the individual has regular menstrual cycles.
- All of the criteria for Anorexia Nervosa are met except that, despite substantial weight loss, the individual's current weight is in the normal range.
- All of the criteria for Bulimia Nervosa are met except binges occur at a frequency of less than twice a week or for a duration of less than 3 months
- An individual of normal body weight who regularly engages in inappropriate compensatory behavior after eating small amounts of food (eg, self-induced vomiting after the consumption of two cookies).
- An individual who repeatedly chews and spits out, but does not swallow, large amounts of food.
- recurrent episodes of binge eating in the absence of the regular use of inappropriate compensatory behaviors characteristic of bulimia nervosa

WHAT ARE THE DANGERS?

Many people suffering from eating disorders may not feel they actually have an eating disorder. However, they will have negative impacts on their physical health some of which are:

- **Liver Failure-** Fasting increases your risks for liver damage and failure.
- **Lanugo** - (soft downy hair on face, back and arms). This is caused due to a protective mechanism built-in to the body to help keep a person warm during periods of starvation
- **Erosion of tooth enamel** caused by stomach acids and enzymes from vomiting



- **Death** caused by any of the following or any combination of the following: heart attack or heart failure; lung collapse; internal bleeding, stroke, kidney failure, liver failure; pancreatitis, gastric rupture, perforated ulcer, depression and suicide.

WHAT SHOULD I DO IF I THINK I MAY HAVE THIS PROBLEM?

Ignoring these symptoms may prove to be FATAL!

Although seeking help may be a tough and personal decision, treatment can also be confidential and life saving.

There are several treatment centers in the NYC Metro area.

Eating Disorder Resource Center
330 W. 58th St. Suite 206
New York, NY 10019
Tel: 212-989-3987

Eating Disorder Association
165 W 46th St # 1211,
New York, NY
(212) 575-6200

Mount Sinai **Eating and Weight Disorders Program**
One Gustave Levy Place,
New York NY
(212) 659-8673

Columbus Park Collaborative
330 West 58th Street, Suite 501
New York, New York 10019
Tel: 646.414.1446

If you have further questions, please feel free to see a counselor at The City College of New York Counseling Center or call (212) 650- 8222