Anorexia Nervosa
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.
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