

Cause and effect

what eating disorders do to your body

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by in depth editor

An eating disorder is a mental condition resulting in unhealthy eating problems. There are several kinds of eating disorders. The most commonly known of these disorders are anorexia, bulimia and binge eating.

Anorexia is when a person eats very little, or not enough to keep the body going. The person is usually thin but sees him/herself as fat. Fifty percent of anorexics develop bulimia. After an extended period of time, an anorexic's body slowly starts shutting itself down from lack of nutrients needed from food.

Bulimia is forcing food out of your body before it can absorb any fats or nutrients. Bulimia isn't necessarily vomiting. Lots of bulimics also abuse diuretics. Diuretics

are used to speed up the process of urine and feces excretion. Some bulimics go as far as to use Ipecac syrup. This syrup is used by Emergency Medical Technicians to induce vomiting after a patient has ingested a toxic substance.

Binge eating is when a person compulsively eats large amounts of food. The person eats constantly even when not hungry. He or she will eat to cope with just about anything good or bad. Binge eating can lead to bulimia when the person feels guilty about over eating. Binge eating is also linked with depression.

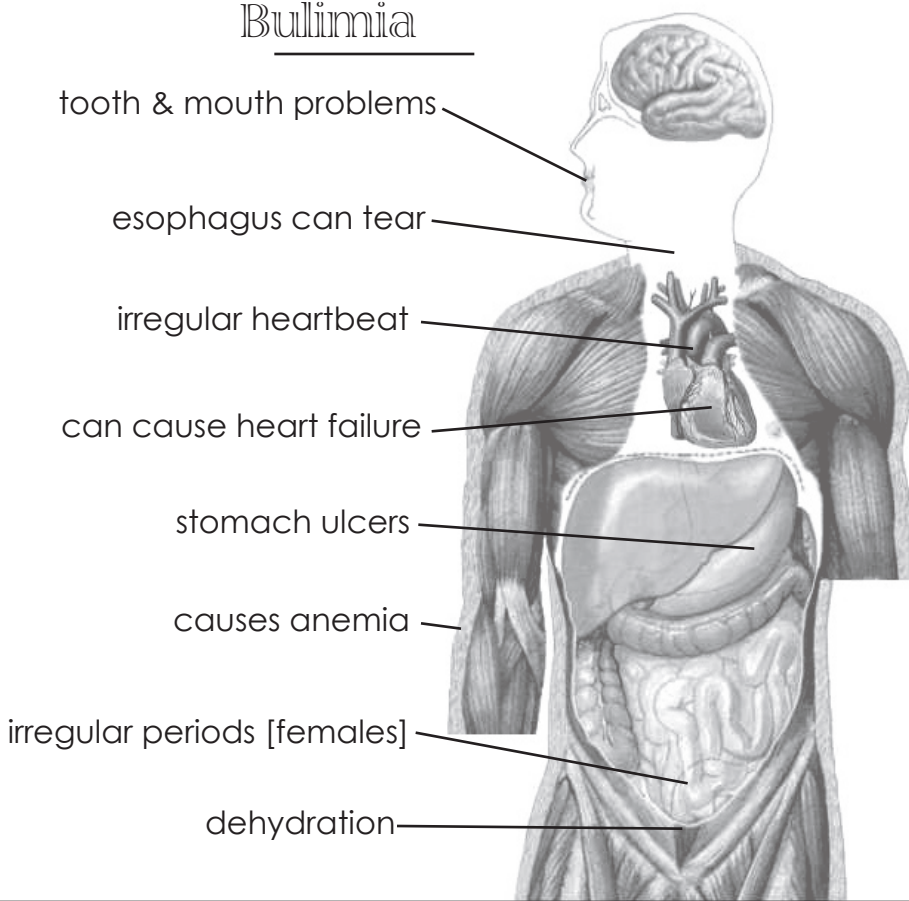
What do these eating disorders do to the human body? The results can be severe.

If you or a friend have an eating disorder:

- go talk to your counsellor
- call 402-333-0898
- or 955-6190
- Fee's vary
- completely confidential

Treatment Center
provided by the Omaha Childrens
Hospital
8200 Dodge Street
Omaha, NE 68114
Phone: (402) 955-6195

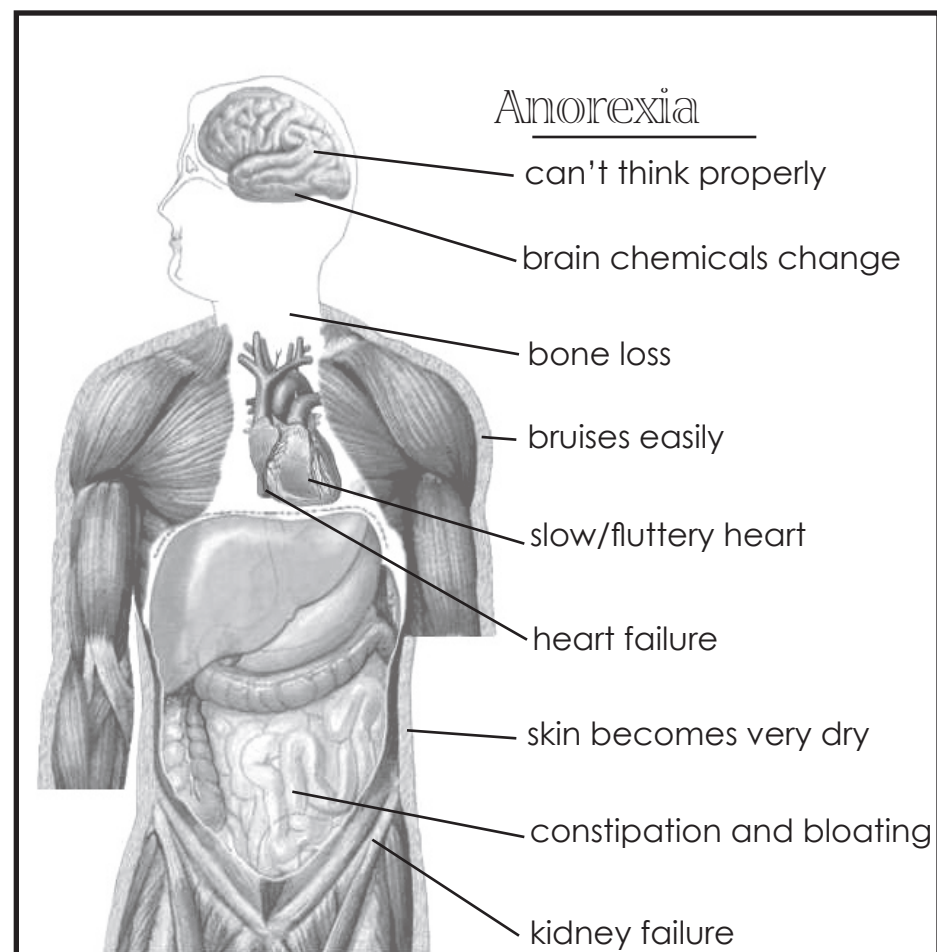
Bulimia



- severe dehydration
- electrolyte imbalances can lead to heart attacks
- even after abuse stops, can have chronic diarrhea
- kidney damage
- fluid retention

Diuretic abuse

Anorexia



Binge eating

- Excessive weight gain leading to...
- Type 2 diabetes
- High blood pressure
- High cholesterol
- Gallbladder disease
- Heart disease
- Certain types of cancer
- Depression
- Anxiety