



# Health Virtual Learning

## Chapter 5.2 What are eating disorders

# Truman High School

4/27/2020



Lesson: 4/27/2020

## Objective/Learning Target:

1. List the different types of eating disorders.
2. Describe the symptoms of each eating disorder.
3. Summarize the medical complications of eating disorders.
4. Analyze the complex causes of eating disorders.

# Eating Disorder

- A serious illness that causes major disturbances in a person's daily diet
- There are three main types
  - Anorexia nervosa
  - Bulimia nervosa
  - Binge-eating disorder



# Anorexia Nervosa

- An eating disorder in which a person has an intense fear of gaining weight
- The person eats too little and loses far more weight than is healthy
- Often marked by lack of menstruation among females



# Bulimia Nervosa

- An eating disorder in which a person has recurrent episodes of binge eating followed by purging
- Binge-purge episodes are often triggered by some type of negative emotion



# Binge-Eating Disorder

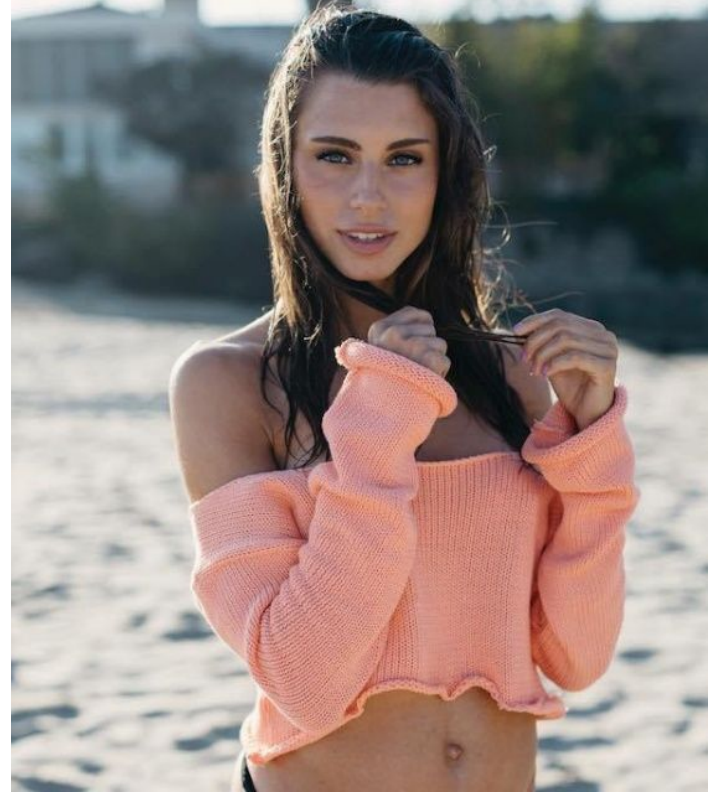
- An eating disorder in which a person consumes a huge amount of food in a short period of time
- Accompanied by feelings of extreme distress during or after bingeing



# Think Further...

*Do people with eating disorders typically have a healthy body image?*

*How does a person's body image relate to his or her eating behaviors?*



# Problems caused by eating disorders

## •Anorexia nervosa

- Decreased bone density
- Brittle hair and nails
- Mild anemia
- Muscle wasting and weakness
- Severe constipation
- Low blood pressure
- Heart and brain damage
- Organ failure
- Infertility

## •Bulimia nervosa and binge-eating disorder

- Inflamed and sore throat
- Swollen salivary glands
- Sensitive and decaying teeth
- Severe dehydration
- Electrolyte imbalance
- Damage to the stomach and intestines
- Hypoglycemia



# Contributing Factors

- Experts believe biological and genetic factors may trigger the development of eating disorders
- Family dynamics can also play a role
- Some children learn unhealthy eating patterns from watching their parents



# Critical Thinking...

## Family Dynamics

Negative interaction patterns within a family may trigger disordered eating.

*What are some negative patterns or behaviors that may lead to stress and eating disorders for a family member?*