

EATING DISORDERS

Eating disorders are serious illnesses in which victims suffer severe disturbances in their eating behaviors and related thoughts and emotions. Eating disorders have the highest morbidity and mortality rates of all psychiatric disorders. Eating disorders occur in both men and women, but they are more common with women.

The most common eating disorders are:

1. **ANOREXIA NERVOSA** which is characterized primarily by self-starvation and excessive weight loss.
2. **BULIMIA NERVOSA** which is characterized primarily by a cycle of binge eating followed by compensatory behaviors, such as vomiting or use of laxatives, in an attempt to compensate for the effects of binge eating.
3. **BINGE EATING DISORDER** which is characterized by recurrent binge eating without the regular use of compensatory measures to counter the binge eating while feeling out of control, ashamed or disgusted over the behavior.
4. **EATING DISORDERS NOT OTHERWISE SPECIFIED** includes some combination of the signs and symptoms of the above disorders, but not all of the criteria necessary to meet a specific diagnosis.

Eating disorders are treatable diseases that benefit from medical care and monitoring, medications; nutritional counseling and individual, group and/or family counseling. Early intervention can help reduce the risk of long term health problems.

If you think you are suffering from an eating disorder, contact the Walter Young Center at (262)524-7335 to set up an appointment with one of the licensed therapists. They will help you find the services you need for recovery.

Helpful websites:

www.nationaleatingdisorders.org

www.anad.org

www.healthyminds.org