

**Module 5: Keeping It Together**  
**Topic 4 Content: Eating Disorders Notes**

**Introduction**

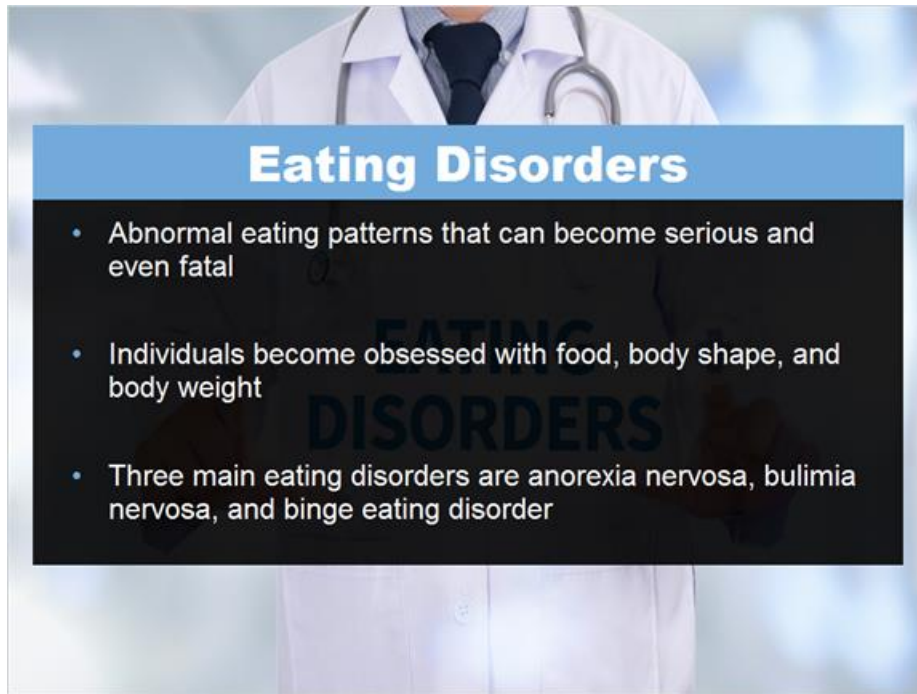


Eating Disorders

Click **NEXT** to begin

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**Eating Disorders**



Eating disorders are defined by abnormal eating patterns that can become very serious and even fatal. Individuals with an eating disorder become obsessed with food, body shape, and body weight. The three main types of eating disorders are anorexia nervosa, bulimia nervosa, and binge eating disorder.

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#### Causes



**Causes**

- Negative body image
- Depression
- Loneliness
- Stress
- Anxiety
- Lack of self-esteem

**EATING DISORDER**

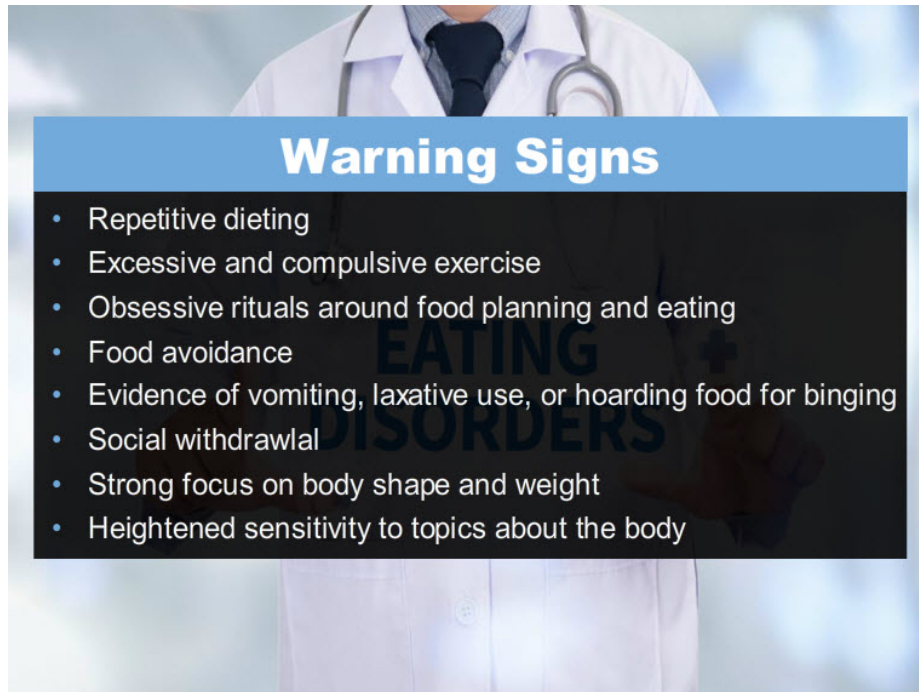
The infographic features a background image of a doctor in a white coat with a stethoscope. A dark blue banner at the top contains the word 'Causes' in white. Below this, a black box lists six causes in white text. To the right of the list is a rounded rectangular inset image showing a woman in a light blue shirt and pants sitting on a toilet, looking down at a white scale on the floor. The words 'EATING DISORDER' are written in large, dark blue, semi-transparent letters across the middle of the infographic.

Eating disorders are mostly due to negative body image, but sometimes may also be caused by depression, loneliness, stress, anxiety, or lack of self-esteem.

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#### Warning Signs



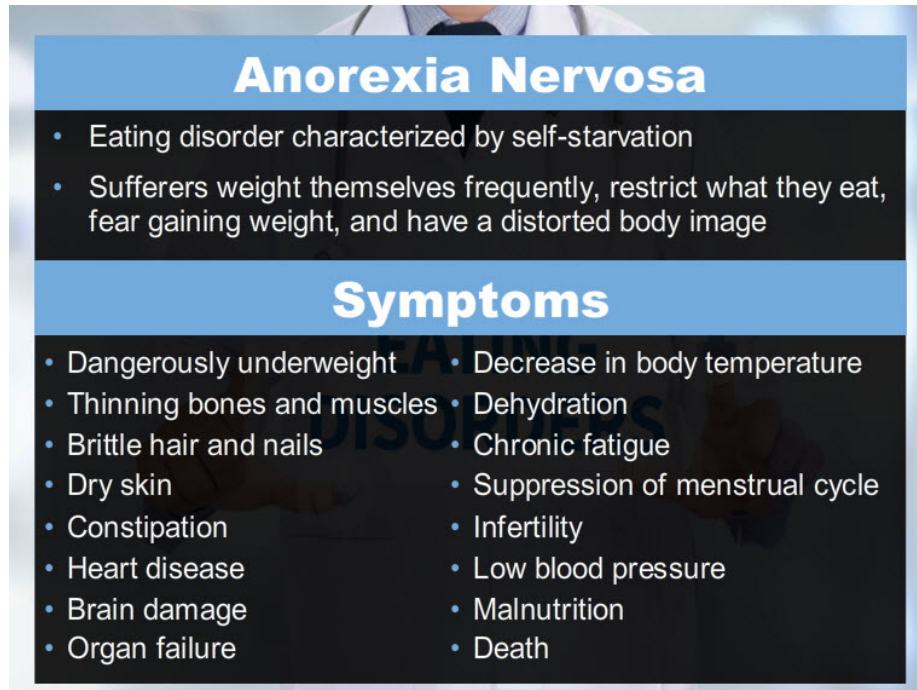
If you are concerned that someone you know is suffering from an eating disorder, the warning signs may not be easy to detect. There are different symptoms and signs for each of the three main eating disorders. Some early warning signs may include:

- Repetitive dieting
- Excessive and compulsive exercise
- Obsessive rituals around food planning and eating
- Food avoidance
- Evidence of vomiting, laxative use, or hoarding of food for bingeing
- Social withdrawal
- Strong focus on body shape and weight
- Heightened sensitivity to topics about the body

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#### Anorexia Nervosa

An infographic titled "Anorexia Nervosa" with a blue header. Below the header, a black box contains two bullet points: "Eating disorder characterized by self-starvation" and "Sufferers weigh themselves frequently, restrict what they eat, fear gaining weight, and have a distorted body image". Below this, another blue header reads "Symptoms". Underneath, a black box lists 15 symptoms in two columns: "Dangerously underweight", "Thinning bones and muscles", "Brittle hair and nails", "Dry skin", "Constipation", "Heart disease", "Brain damage", "Organ failure", "Decrease in body temperature", "Dehydration", "Chronic fatigue", "Suppression of menstrual cycle", "Infertility", "Low blood pressure", "Malnutrition", and "Death".

**Anorexia Nervosa**

- Eating disorder characterized by self-starvation
- Sufferers weigh themselves frequently, restrict what they eat, fear gaining weight, and have a distorted body image

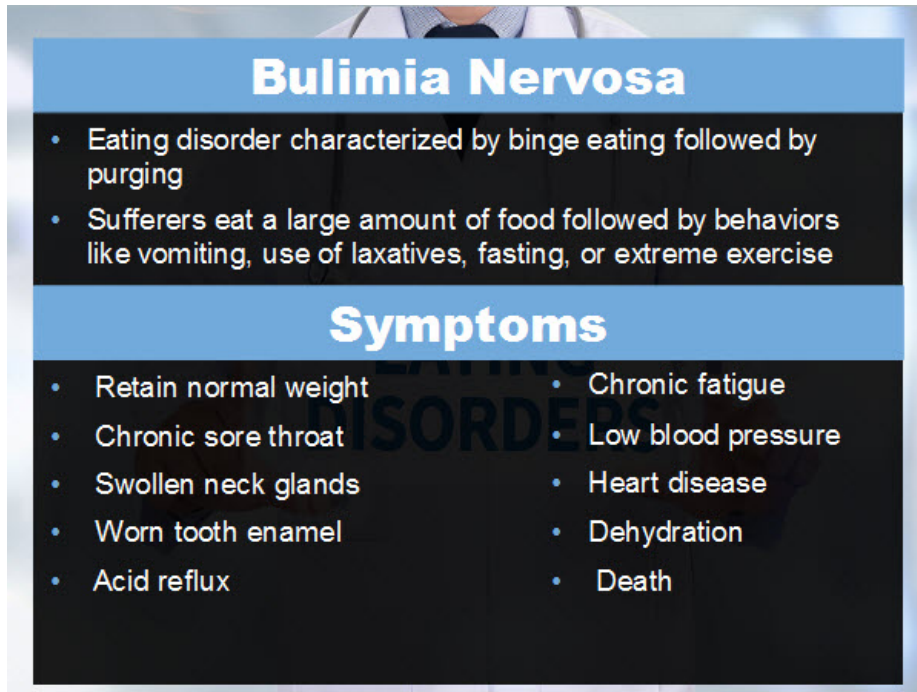
**Symptoms**

- Dangerously underweight
- Thinning bones and muscles
- Brittle hair and nails
- Dry skin
- Constipation
- Heart disease
- Brain damage
- Organ failure
- Decrease in body temperature
- Dehydration
- Chronic fatigue
- Suppression of menstrual cycle
- Infertility
- Low blood pressure
- Malnutrition
- Death

Anorexia nervosa is a common eating disorder, characterized by self-starvation. Symptoms include being dangerously underweight, but seeing yourself as overweight. As a result, people with anorexia nervosa likely weigh themselves frequently, restrict what they eat, fear gaining weight, and have a distorted body image. In addition, individuals with this disorder will experience thinning bones and muscles, brittle hair and nails, dry skin, constipation, heart disease, brain damage, organ failure, decrease in body temperature, dehydration, chronic fatigue, suppression of the menstrual cycle, infertility, low blood pressure, and malnutrition. Having anorexia nervosa can lead to death from starvation or suicide.

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**Bulimia Nervosa**

An infographic titled "Bulimia Nervosa" with a blue header. Below the header, a black box contains two bullet points: "Eating disorder characterized by binge eating followed by purging" and "Sufferers eat a large amount of food followed by behaviors like vomiting, use of laxatives, fasting, or extreme exercise". Below this, another blue header reads "Symptoms". Underneath, a black box lists ten symptoms in two columns: Retain normal weight, Chronic sore throat, Swollen neck glands, Worn tooth enamel, Acid reflux, Chronic fatigue, Low blood pressure, Heart disease, Dehydration, and Death.

**Bulimia Nervosa**

- Eating disorder characterized by binge eating followed by purging
- Sufferers eat a large amount of food followed by behaviors like vomiting, use of laxatives, fasting, or extreme exercise

**Symptoms**

- Retain normal weight
- Chronic sore throat
- Swollen neck glands
- Worn tooth enamel
- Acid reflux
- Chronic fatigue
- Low blood pressure
- Heart disease
- Dehydration
- Death

Bulimia nervosa is a common eating disorder, characterized by binge eating followed by purging. Typically, someone with this disorder eats an atypically large amount of food. This is often followed by feeling a loss of self-control that results in behaviors like vomiting, use of laxatives, fasting, and/or extreme exercise. Individuals with bulimia nervosa typically retain a normal weight. Symptoms of this disorder include a chronic sore throat, swollen neck glands, worn tooth enamel, acid reflux, chronic fatigue, low blood pressure, heart disease, and dehydration. In severe cases, bulimia nervosa can even lead to death.

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**Binge Eating Disorder**

An infographic titled "Binge Eating Disorder" with a blue header. Below the header, a black box contains two bullet points: "Eating disorder characterized by loss of eating control" and "Sufferers binge eat and become overweight and obese, feel distressed, ashamed, and guilty". A second blue header labeled "Symptoms" is followed by a black box with two columns of bullet points. The left column lists: "Eating a large amount of food", "Eating when not hungry", "Eating fast", "Eating in secret", and "Diet without weight loss". The right column lists: "High blood pressure" and "Diabetes".

**Binge Eating Disorder**

- Eating disorder characterized by loss of eating control
- Sufferers binge eat and become overweight and obese, feel distressed, ashamed, and guilty

**Symptoms**

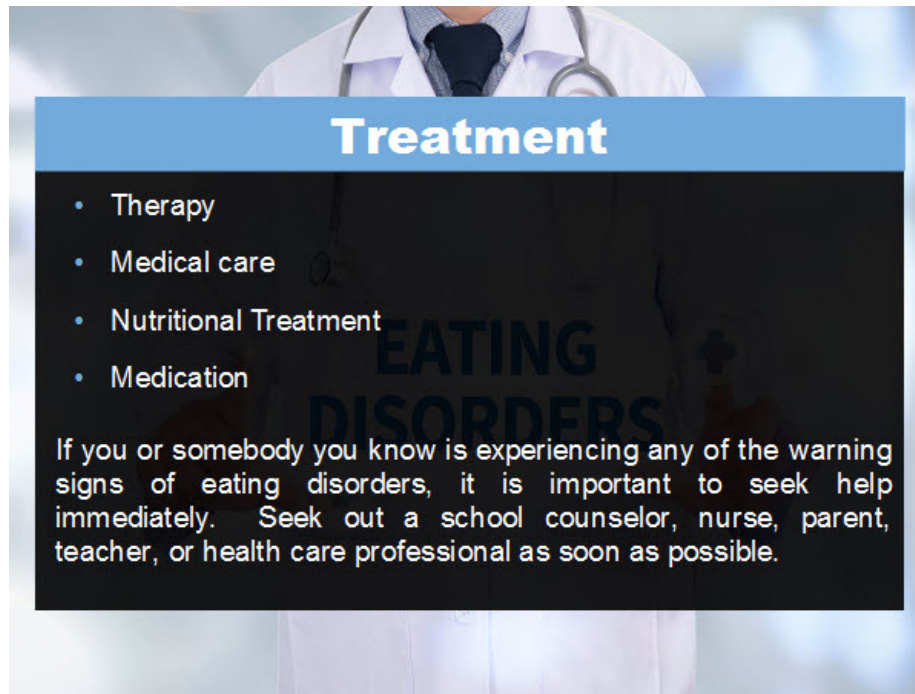
- Eating a large amount of food
- Eating when not hungry
- Eating fast
- Eating in secret
- Diet without weight loss
- High blood pressure
- Diabetes

Binge eating is a disorder in which sufferers lose control over their ability to stop eating. As a result, individuals with binge eating disorder are overweight and obese, feel distressed, ashamed, and guilty. This disorder is the most common eating disorder. Symptoms of binge eating disorder include eating unusually large amounts of food in a specific amount of time, eating when no hunger exists, eating fast, and eating in secret to avoid embarrassment. Individuals suffering from binge eating disorder may also frequently diet without any significant weight loss and have high blood pressure. Binge eating disorder could lead to diabetes.

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#### Treatment



**Treatment**

- Therapy
- Medical care
- Nutritional Treatment
- Medication

If you or somebody you know is experiencing any of the warning signs of eating disorders, it is important to seek help immediately. Seek out a school counselor, nurse, parent, teacher, or health care professional as soon as possible.

Treatments for eating disorders include therapy, medical care, nutritional treatment, and medications. If you or somebody you know is experiencing any of the warning signs of eating disorders, it is important to seek help immediately. Seek out a school counselor, nurse, parent, teacher, or health care professional as soon as possible. Early intervention is vital in promoting recovery.