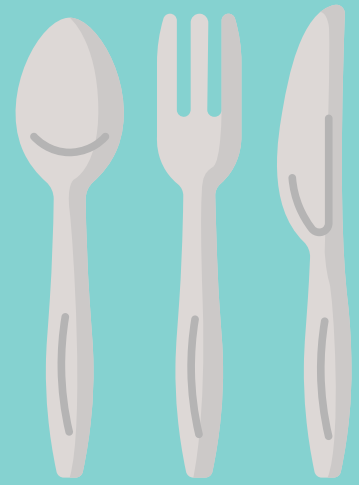


EATING DISORDERS

A GUIDE TO RECOGNIZING AND RESPONDING

WHAT IS AN EATING DISORDER?

An eating disorder is a serious mental and physical illness that revolves around difficult relationships with eating habits, food, and overall body image. It can have serious repercussions on overall health, emotions, and one's ability to function in everyday life.

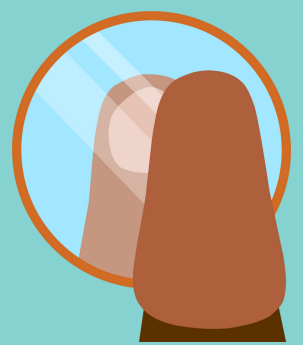


3 MOST COMMON TYPES OF EATING DISORDERS

Anorexia Nervosa	Bulimia Nervosa	Binge Eating Disorder
Severe weight loss as a result of distorted view of body and strict dieting stemming from fear of gaining weight.	Binge eating that is followed by episodes of self-induced vomiting to avoid gaining weight.	Consuming large amounts of food in a short period of time because of a lack of self-control.

SYMPTOMS OF AN EATING DISORDER

- Abnormally low body weight (for anorexia)
- Distorted perception of self
- Limiting caloric intake/restriction of eating/skipping meals
- Intense fear of gaining weight or persistent talk of losing weight
- Excessive exercise, vomiting, or laxative use
- Eating excessive amounts of food regularly/quickly (for binge eating and bulimia)
- Expressing depression, disgust, or shame surrounding eating habits



THERAPY TREATMENT OPTIONS

- Cognitive Behavior Therapy (CBT): Focuses on shifting distorted behaviors, thoughts, and feelings
- Group CBT: provides a support system that can help with recovery and managing symptoms
- Family Therapy: educates family on the best ways to help a loved one recover
 - *very helpful for parents of a child living at home)



FOR MORE INFORMATION AND EXTRA RESOURCES

- National Eating Disorder Information Centre (nedic.ca)
- Ami Quebec: Eating Disorders (amiquebec.org/eating-disorders/)
- ANAD: Free Eating Disorder Support Groups and Services (anad.org)
- "Eating Disorders Anonymous: An Important Support Group Resource" (Better Help)
- "Eating Disorder Treatment: Know Your Options" (Mayo Clinic)

