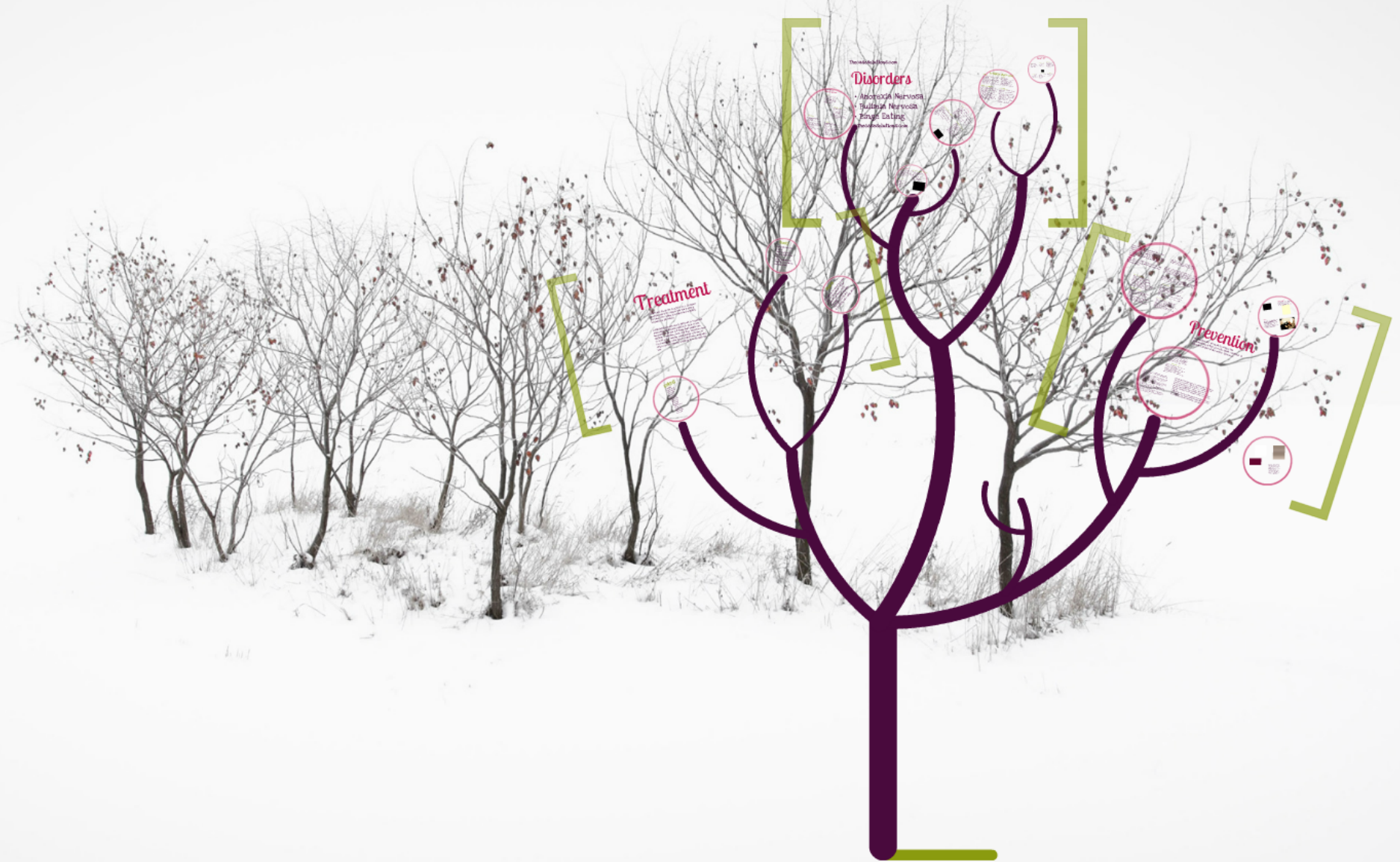
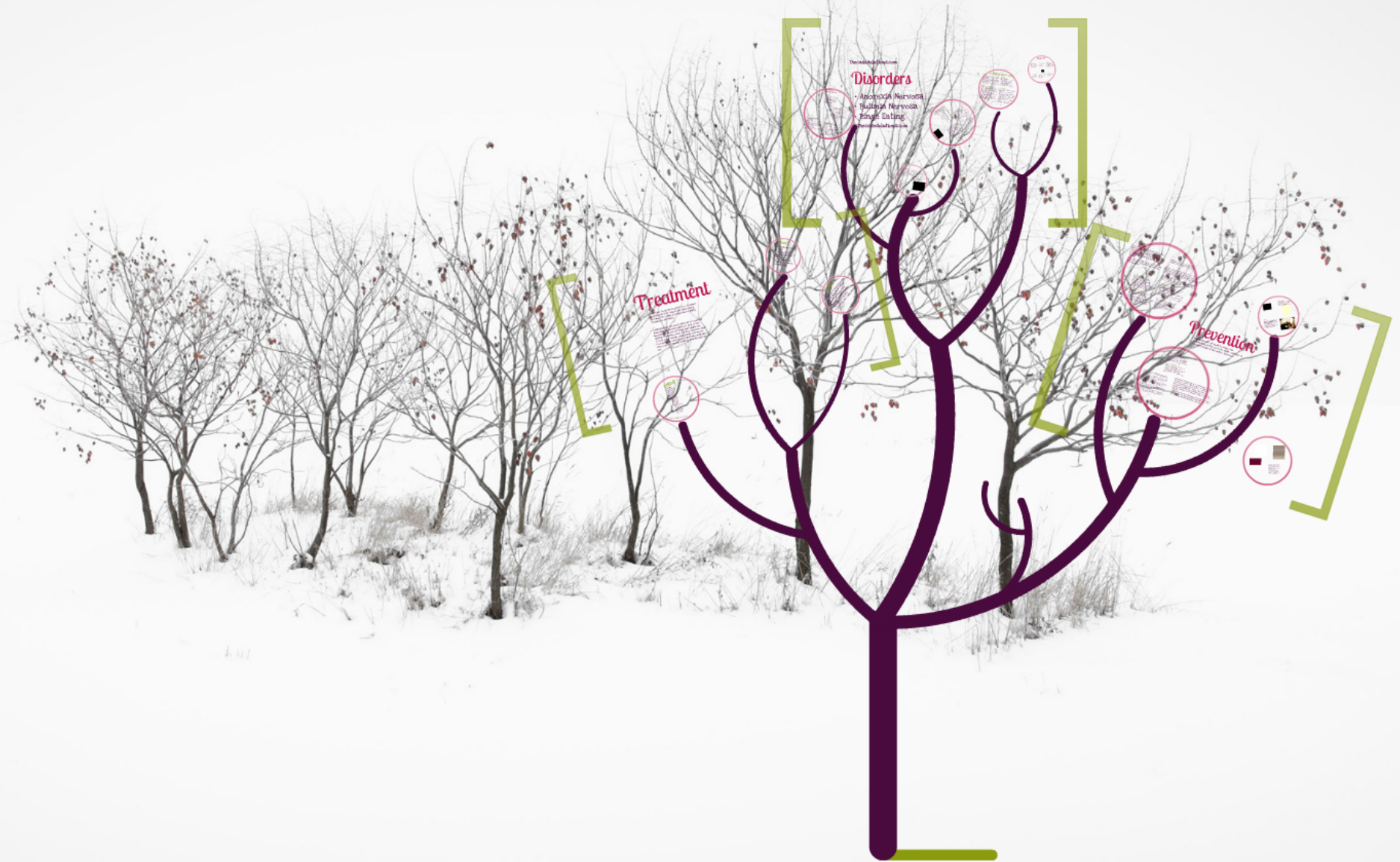


# Schon Klinik: Eating Disorder Care



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# Disorders

- Anorexia Nervosa

• Bulimia Nervosa



# Disorders

- Anorexia Nervosa
- Bulimia Nervosa
- Binge Eating

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# Anorexia Nervosa

## Symptoms

· Resistance to maintaining body weight at or above a minimally normal weight for age and height



# Symptoms

- Resistance to maintaining body weight at or above a minimally normal weight for age and height.
- Intense fear of weight gain or being "fat," even though underweight.
- Disturbed by body weight or shape, undue influence of weight or shape on self-evaluation, or denial of the seriousness of low body weight.
- Loss of menstrual periods in girls and women post-puberty.

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# Warning Signs

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- Dramatic weight loss.
- Frequent comments about feeling "fat" despite weight loss.
- Anxiety about gaining weight or being "fat."
- Development of food rituals (e.g. eating foods in certain orders, excessive chewing, rearranging food on a plate, only eating certain types of foods)
- Avoidance of shared meals
- Excessive, rigid exercise regimen--despite weather, fatigue, illness, or injury



# Health Consequences

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- Abnormally slow heart rate and low blood pressure
- Reduction of bone density (osteoporosis), which results in dry, brittle bones
- Muscle loss and weakness
- Severe dehydration, which can result in kidney failure
- Fainting, fatigue, and overall weakness
- Dry hair and skin, hair loss
- Growth of a downy layer of hair called lanugo all over the body, including the face, in an effort to keep the body warm.



# Statistics

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- Approximately 90-95% of anorexia sufferers are female
- Between 0.5-1% of American women suffer from anorexia
- Anorexia is one of the most common psychiatric diagnoses in young women
- Between 5-20% of individuals struggling with anorexia will die
- Anorexia has one of the highest death rates of any mental health condition
- Anorexia typically appears in early to mid-adolescence.