


# Eating Disorders

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What are eating  
disorders?




You worry more and  
more about your weight




You eat less and less




You exercise more  
and more to burn off  
calories



You can't stop  
yourself from wanting  
to lose weight



You withdraw from  
social situations which  
may involve eating




You obsessively check  
your weight, shape or  
reflection in mirrors





You have irregular  
menstrual periods



You induce vomiting  
after eating



Caution!  
ANOREXIA!





You worry more and  
more about your  
weight

You binge eat



You make yourself  
vomit or use laxatives




You have irregular  
menstrual periods





You feel tired  
You feel guilty




You stay a normal  
weight, in spite to your  
efforts to diet




Caution!  
BULIMIA!



You raid the fridge



You eat a lot of food  
(usually in secret)



You can't feel the  
taste of food, when  
you binge



You feel bloated  
You feel guilty





Caution!  
BINGEING!



# Psychological Symptoms

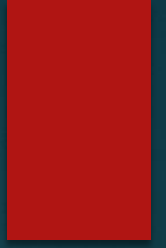


- ▶ Sleep badly
- ▶ Think only about food
- ▶ Feel depressed
- ▶ Lose interest in other people
- ▶ Become obsessive about food



What causes  
eating  
disorders?

# Genetics





Lack of an “off”  
switch



# Control

# Puberty





Social pressure

Family

# Depression



Low self-esteem



Emotional distress



Vicious circle




Physical causes



# Certain illnesses and treatments





Be careful!  
And don't become a  
victim of food and  
weight.



Thank you for your  
attention!