

Eating Disorders = Behaviors, Attitudes, and Feelings

While there are diagnostic categories of eating disorders (i.e., anorexia, bulimia, binge-eating disorder), there are many overlapping characteristics and most people fall into more than one kind of eating disorder.

20% of college women are estimated to have an eating disorder

10% of people with eating disorders are men

The onset of eating disorders frequently follows an extended period of dieting

(If you or someone you know exhibits more than a few of these characteristics/behaviors, you may want to consult with a counselor)

COMMON SIGNS OF EATING DISORDERS

Preoccupation with food	Distorted body image
Intense fear of gaining weight	Feeling guilty after eating
Mood swings	Body dissatisfaction
Significant weight loss	Emotional Eating: eats when depressed, lonely
Tension at meals	Abuse of laxatives, diuretics, diet pills
Presents facade/mask that s/he's o.k.	Abuse of exercise supplements
Frequent weighing	Feeling unable to stop eating
Self-hate after binges	Compulsive exercising
Excessive dieting and fasting	Episodic binge eating
Vomiting after eating	Depression
Feeling out of control	Eating large amounts of food when not hungry
Eating alone	Fantasizing about the rewards of thinness
Isolation	Denial
Perfectionism	Feeling inadequate, not good enough
Low Self Esteem	Self-Critical

Depression
Cold hands and feet
Increased risk of bone fractures
Infertility
Dizziness and fainting spells
Dehydration
Impaired Concentration
Brittle nails and hair
Lowered body temperature
Heart problems
Enlargement of salivary glands
Gastrointestinal disorders
Anemia

Chronic lethargy and fatigue
Increased sensitivity to cold
Low resistance and immunity against infections
Amenorrhea: Loss of menstruation
Lowered testosterone levels in men
Loss of muscular tissue and mass
Electrolyte Imbalances
Early onset of Osteoporosis
Lanugo hair
Lowered blood pressure
Tooth decay and gum erosion
Chronic sore throat and hoarse voice
Kidney troubles

PHYSICAL CONSEQUENCES OF EATING DISORDERS



Learn all you can about eating disorders. Genuine awareness will help you avoid judgmental or mistaken attitudes about food, weight, body shape, & eating disorders.

Rethink your attitudes about food, weight, & body size
-what's important is who you are, not what you look like.

Discourage the idea that a particular diet, weight, or body size will automatically lead to happiness & fulfillment.

Choose to challenge the false belief that thinness & weight loss are great, while body fat & weight gain are horrible or indicate laziness, worthlessness, or immorality.

Challenge cultural attitudes & values that promote the development of eating disorders. Become a critical viewer of the media & its message about self-esteem & body image.

Share what you have learned with others

If you think someone has an eating disorder express your concerns in a forthright, caring manner. Gently, but firmly encourage the person to seek trained professional help.

If you think you might have an eating disorder -HELP IS AVAILABLE!

UNIVERSITY HEALTH CENTER (www.health.umd.edu):

Eating Disorders Service

The University Health Center offers medical evaluation, individual psychotherapy, group therapy/support groups, and nutritional guidance. There is a \$10 fee, however fees can be adjusted on a sliding scale. To make an appointment for consultation, call 301.314.8184
To speak with a therapist about the Eating Disorders Program, call 301.314.8142

Julie Parsons, L.C.S.W., Coordinator of the Eating Disorders Program
Mental Health Service, 2nd Floor, Monday - Friday 8:30 a.m. to 5 p.m.

www.health.umd.edu/services/eatingdisorders.html

Nutrition Services

The Nutrition Services unit offers individual nutrition counseling on general nutrition, disordered eating, sports nutrition, and healthier eating/wellness instruction. There is a fee of \$10 for students. For appointments call 301.314.8184.

Jane Jakubczak, R.D., L.D.N, Dietitian
Room 2162, Jakubczak@health.umd.edu

www.health.umd.edu/services/nutrition.html

UNIVERSITY COUNSELING CENTER (www.counseling.umd.edu):

The Counseling Center offers short-term individual and group counseling for many types of concerns, including eating issues and eating disorders. It also makes referrals to outside agencies when appropriate. The Counseling Center provides FREE and CONFIDENTIAL services by professional counselors to all UM students. You may schedule an appointment by phone 301.314.7651 or in person.

Brenda Sigall, Ph.D.

Counseling Center, Shoemaker Bldg., Monday - Thursday 8:30 a.m. to 4:30 p.m.

**ON-CAMPUS
RESOURCES**

