Eating Disorders

Eating disorders are serious and complex diseases that affect men and women of all ages. Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder, and Eating Disorder Not Otherwise Specified are the most common eating disorders. Orthorexia Nervosa and Drunkorexia are frequently in the media, but are not technically classified as full blown eating disorders. Both conditions are still complex and serious conditions that oftentimes require additional help. People with eating disorders can be underweight, overweight, or normal weight so you cannot tell if someone has an eating disorder just by looking at them.

The following questions are a simple screen that you can use to find out if you (or someone you care about) may be struggling with an eating disorder. Please note: These questions are not intended to diagnose eating disorders or any other disorder. They are designed for initial screening purposes only.

- Do you make yourself sick because you feel uncomfortably full?
- Do you worry you have lost control over how much you eat?
- Have you recently lost more than 15 pounds in a three-month period?
- Do you believe yourself to be fat when others say you are thin?
- Would you say that food dominates your life?

If you answered yes to two or more of these questions it is possible you have an eating disorder or a deeper issue related to food, dieting, and weight that needs attention. Contact a counselor today to schedule an appointment.

Reference: