

*SM Department*

*English Module*

*Miss: HIMRI .S*

*L2 physics*

## **Lesson 04: Eating Disorder**

**Definition:** is a **mental disorder** defined as abnormal eating habits that negatively affect a person's **physical** or **mental** health. Or simply it is an abnormal eating habits that may involve either insufficient or excessive food.

### **Types of Disordered Eating**

- ❖ **Anorexia Nervosa:** People with anorexia generally view themselves as overweight, even if they're dangerously underweight. They tend to constantly monitor their weight, avoid eating certain types of foods, and severely restrict their calories. Anorexia can have damaging health effects, such as brain damage, multi-organ failure, bone loss, heart difficulties, and infertility. The risk of death is highest in individuals with this disease.
- ❖ **Bulimia Nervosa:** People with bulimia frequently eat unusually large amounts of food in a specific period of time. Men and women who suffer from Bulimia may fear weight gain and feel severely unhappy with their body size and shape. **Bulimia** can have injuring effects, such as heart difficulties resulting from an electrolyte imbalance.
- ❖ **Binge Eating Disorder:** Individuals with this disorder have symptoms similar to those of bulimia or the binge eating subtype of anorexia. For instance, they typically eat unusually large amounts of food in relatively short periods of time and feel a lack of control during binges. People with binge eating disorder do not restrict calories or use purging behaviors, such as vomiting or excessive exercise, to compensate for their binges.

**Eating Disorder cause:** there are countless reasons that lead to this illness whether; psychological, environmental, or biological ones

- Negative body image; for instance when you feel that you gain more weight or the opposite.
- Poor self-esteem; is when you feel that your body is not beautiful enough for a person like you.

-Irregular hormone functions; when you have an imbalance in your hormones.

Nutritional deficiencies; lack of food such as famine, poverty...etc

-Family and childhood traumas: childhood sexual abuse; when you are mistreated by your parents or your friends.

### **Treatment for Disordered Eating**

- ❖ **Nutrition:** This would involve stabilization and guidance for normal eating.
- ❖ **Therapy:** Different forms of psychotherapy, such as individual, family, or group, can be helpful in addressing the underlying causes of eating disorders. Therapy is a fundamental piece of treatment because it affords an individual in recovery the opportunity to address and heal from traumatic life events and learn healthier coping skills and methods for expressing emotions, communicating and maintaining healthy relationships.
- ❖ **Medications:** Some medications may be effective in helping resolve mood or anxiety symptoms that can occur with an eating disorder or in reducing binge-eating and purging behaviors.

