

# Eating Disorders

## Signs and Symptoms of an Eating Disorder:

- ◇ Preoccupation with food, body weight, and image
- ◇ Severe disturbances in eating behaviors, as well as related thoughts and emotions
- ◇ Dramatic calorie reduction
- ◇ Uncontrollable overeating
- ◇ Binge eating and purging behaviors

## Facts:

- ◇ Treatment plans are typically tailored to meet individual needs.
- ◇ Eating disorders are often accompanied by other mental health disorders such as anxiety and depression.
- ◇ Eating disorders affect every gender, class, ethnicity, and sexual orientation.
- ◇ Preteens-Seniors may struggle with an eating disorder.
- ◇ More than 30 million people in the U.S. will struggle with an eating disorder.
- ◇ An eating disorder is not a choice or lack of willpower but rather an illness with biological and genetic roots that are influenced by culture.

## Treatments and Therapies:

- ◇ Individual, group, and/or family psychotherapy
- ◇ Cognitive Behavior Therapy (CBT)
- ◇ Dialectical Behavior Therapy (DBT)
- ◇ Medical care and monitoring
- ◇ Nutritional counseling
- ◇ Medications
- ◇ Residential inpatient treatment , day treatment , outpatient treatment, and virtual treatment programs are available

Eating disorders are serious, even deadly conditions that can affect any age group, gender, or race. If you or someone you love is struggling with food, schedule an assessment with a medical professional.

