

# EATING DISORDERS

H O W T O H E L P

"Who loves himself need fear no rivals." - Latin saying

## HOW TO HELP A FRIEND

1. Become educated on eating disorders and how to help.
2. In a caring non-judgmental way, tell the person what you have observed and suggest they seek help.
3. Do not promise to keep the eating disorder a "secret".
4. Be patient and let your friend know you are concerned and available to talk.
5. As the person begins treatment, be natural and caring. Do not discuss eating, weight or appearance!!
6. Do not insist that the person eat or change attitudes.
7. Share your memories of a few specific times when you felt concerned, afraid, or uneasy because of your friend's actions.
8. Avoid accusatory "You" statements such as "You have to eat!" or "You're out of control!"
9. Instead use "I" statements to express your feelings such as "I am afraid when I hear you vomiting".
10. Use the university's professional resources.

\* Counseling Center - 797-1012

\* Student Health Center and Dietitian - 797-1660

### Anorexia Nervosa

- intense fear of gaining weight
- distorted body image
- very low-calorie diet
- excessive exercise

#### *Physical Complications:*

hair loss, dry skin, bruises, insomnia, cold hands and feet, amenorrhea, and abnormally low heart rate

### Bulimia Nervosa

- recurrent episodes of binge eating
- feeling lack of control over eating
- purging behaviors such as vomiting, laxative use, or excessive exercise

#### *Physical Complications:*

irritated stomach, esophagus, and throat, damaged teeth, lung irritation, muscle spasms, irregular heartbeat and kidney problems

### Binge Eating

- feeling lack of control over eating
- eating alone, rapidly, until uncomfortably full, and/or large amounts of food when not physically hungry,
- feeling disgusted with oneself, or very guilty after overeating

#### *Physical Complications:*

weight gain which can lead to obesity and its complications such as type 2 diabetes, high blood cholesterol levels, gallbladder disease, and heart disease