

# Body Image & Eating Disorders

Society is becoming increasingly obsessed with physical appearance and dieting. In fact 5 to 10 million women and 1 million adolescent men struggle with eating disorders in the United States. That means that the number of people with eating disorders is triple the number of people in the United States living with AIDS. Because it has become so common to “diet” in the United States, it is important to be able to tell the difference between normal dieting and serious eating disorders.

## Signs of Anorexia include:

- Refusal to maintain body weight expected for age and height.
- Intense fear of gaining weight or becoming fat.
- Hyper-critical body image; unrealistic expectations of body shape or weight .
- Anxious or ritualistic behaviors at mealtimes.
- Fatigue.
- In women, absence of three consecutive menstrual cycles.

## Signs of Bulimia include:

- Recurrent episodes of binge eating.
- Recurrent compensation for the binges, such as vomiting or the misuse of laxatives.
- Obsessive focus on body shape and weight.
- Dehydration and Constipation.
- Damaged teeth and gums from vomiting.

Along with the signs listed above, there are often other symptoms or signs connected to eating disorders. These may include obsessive compulsive behaviors, problems starting and maintaining relationships, depression, anxiety, and interference with school and work. If you or someone you know is experiencing any of these symptoms, trained professionals at the Counseling & Career Center want to help. Call **665.6262** or stop by the lower level of Main Hall for an appointment.

## UM COUNSELING & CAREER CENTER

Providing free and confidential **PERSONAL** and **CAREER** counseling services to UM Students.

Call **665.6262** or stop by the lower level of Main Hall



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