

TREATMENT

Because anorexia is such a psychological disease, the treatment of anorexia nervosa is a difficult battle. There are steps that can be taken to accomplish the final goal: consuming more calories, normal exercise, and finding a way to cope with problems in a healthy fashion.

Steps to RECOVERY:

1. Confrontation by a family member or close friend.
 2. Denial and/or refusal of treatment is most likely the first reaction of the person with anorexia.
 3. Acceptance of the problem and agreement for treatment by the individual with anorexia.
 4. Restoration of the nutritional, psychological, and medical health needs.
- Individual must come to terms with reality and *want* to fix the problem
 - Individual may work with a counselor and/or a medical doctor to ease the recovery stage

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RESOURCES

Visit or call **UD Counseling Center**
229-3141

Websites

www.anred.com

www.nationaleatingdisorders.org

www.anad.org

Journals

International Journal of Eating Disorders

Journal of the American Medical Assoc.
Medicine & Science in Sports and
Medicine
Sports Medicine
Physician & Sports Medicine

Others include bulimia nervosa and binge eating disorder. The resources can be used to help individuals with all these eating disorders.

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Understanding ANOREXIA NERVOSA



**It's about more than
just weight-loss
... it's a psychological
battle**

WHAT IS ANOREXIA NERVOSA?

CONTRIBUTING FACTORS

- Other problems may reinforce the need to have control over something: family issues, personal life, school, or athletic pressure.
- Feeling the need to be *perfect*
- Comments made about needing to lose weight. Family, friends, boy/girlfriend, coach, and peers can all contribute.
- Begins with a diet that gets “out of control.”

COMMON CHARACTERISTICS

- Perfectionist
- People-pleaser
- Achievement driven
- Obsessive behavior
- Anxiety
- Control of physique
- Low self-esteem

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CRITERIA TO IDENTIFY

- Refusal to maintain the minimal normal weight for his/her age and height (continues to eat a low-calorie diet or exercise excessively)
- Extreme fear of gaining weight, even if the individual is currently underweight
- Inability to correctly see one’s body weight, size, or shape
- For females: absence of at least 3 menstrual cycles in a row, called *amenorrhea*

PSYCHOLOGICAL EFFECTS

- Anxiety, fear, and depression over perceiving self as overweight or not “perfect”
- Mood swings
- Insomnia, leads to fatigue, irritability, and poor concentration
- Purposely ignoring body’s demand for nourishment
- Unyielding obsession w/ food
- Self-hatred and feelings of unworthiness and insufficiency

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PHYSIOLOGICAL EFFECTS

Menstrual dysfunction or amenorrhea

- Associated with decrease in bone density, putting individuals at greater risk for skeletal injuries, stress fractures, and osteoporosis
- High incidence with athletes

Fatigue

- Associated with decreased intake of energy (carbohydrates, fat, and protein)
- Also associated w/ loss of muscle mass, strength, endurance

Lower body temperature than normal

- Fat loss causes *lanugo* (a thin layer of hair covers face and body to keep the body warm)

Circulatory system complications

- Associated with a decrease in oxygen consumption

Decrease metabolic rate and thyroid hormone

- The body enters into starvation mode to conserve every calorie

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