

Eating Disorders—Types

Anorexia Nervosa

There has been recent attention given to concerns about the media, and models in particular, glamorizing the waiflike body associated with anorexia. This illness is quite serious because of its high mortality rate. As many as 10% of individuals with anorexia will die from it, which means that they literally starve themselves to death.

Bulimia Nervosa

Bulimia, characterized by binge episodes followed by purging, either through self-induced vomiting, laxative abuse, or excessive exercise, is a chronic disorder associated with serious medical complications. These complications can range from poor nutrition and electrolyte imbalances to more severe medical conditions, such as tears in the esophagus, gastric ruptures, and cardiac arrhythmias. One irreversible complication is the loss of tooth enamel.