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By Jennifer Brown/Online Reporter

Eating disorders such as bulimia and anorexia are common among college students. Bulimia is when a person eats too much and anorexia is when they eat too little. However, some people are so crafty at hiding their disorders family and friends may not know it exists. Here's some signs to look for if you suspect a loved one may be suffering from one of these eating disorders.

Anorexia:

When a person decides to become an [anorexic](#), they first start with the thought to lose some weight. Then, it turns into compulsive thoughts of wanting to lose more weight. Each image they see in the mirror is abusive towards themselves and their body. After awhile, the self-abusive thoughts lead them into a psychological disorder.

The individual may exceed to use excessive dieting, dieting pills or programs to progress their effort to become thin. They may go as far as vomiting after each meal in secret. It may take months before anyone realizes what really is going on with this individual.

Their eating patterns may change. They may skip meals or eat light meals when with other people. A startling 95% females are at risk for this disease. Unfortunately, this disease may not be detected until the person loses a majority of weight. This may also lead to depression and withdrawal from the individual's social life.

Hospitalization is normally the treatment for malnutrition caused by this debilitating disease. If caught in time, it can be treated, but if caught too late—it can be fatal. Check [edreferral.com](#) for more resources related to eating disorders.

Bulimia:

[Bulimia](#), or binge-eating, is when a person eats excessive amounts of food. They may eat large portions of food over a short period of time and similar to anorexia, they end up vomiting it up. Also similar to anorexia, the individual may use excessive exercise and dieting to lose their weight. This disease is most common in women and is brought on by a over concern in their weight. They may be concerned by their body shape and feel the need to slim down.

Common signs of individuals with this condition are dehydration, dry skin and changes in the hair and nails. They may even experience loss of feeling in the hands and feet. Similar to anorexia, counseling and treatment by a psychologist may be necessary. The longer both of these conditions persist, the harder they may be to change.

If you're concerned about an eating disorder, or if you think you may have one, check [nationaleatingdisorders.org](#) and [oa.org](#). Help is always out there; don't let your disorder go on without treatment.

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