

Food Tech 2019- Eating disorders and causes symptoms and treatment possibilities. When are you recovered, and what does recover really means? - Isabelle Plasmeijer- ISA POWER, Netherlands

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Statement of the Problem: Anorexia Nervosa is one the far most deadly psychiatric illnesses there are. About 10% of all patients suffering die because of medical conditions or because they commit suicide. There are many forms of eating disorders. Most know is Anorexia Nervosa, but also Bulimia, Binge Eating Disorder and OSFED (Other Specified Feeding and Eating Disorders). Although anorexia and bulimia tend to get the on, OSFED actually makes up 70 percent of all 24 million eating disorder diagnoses in the United States. A person with OSFED may be diagnosed as such because she does not fully meet the criteria for anorexia or bulimia. A person with OSFED may have some symptoms of both disorders, but not severely enough to warrant a diagnosis. Reason people develop an eating disorder can vary from bullying, violence at home, posttrauma stress disorder (PTSD) and alcohol dependency. Many researchers have investigated the cause, it's cure, treatment operations and Patient care. Sadly enough there has not been found a cure yet. Over the course of 5 years Isabelle has written 3 books. The last book she wrote focusses on the limiting beliefs a person with an eating disorder has. It reveals the beliefs, excuses and fears that people suffer from such as "I am not sick enough to get help", "If I recover now, everyone will think I dramazed all the me", "I can't live without my eating disorder. I need it to get by". The main characteristics of people suffering from an eating disorder are that they are; caring, pleasers, perfectionist, insecure, low self-esteem, over achievers. In therapy Isabelle believes helping a person to eat are simply not enough. Eating disorders are not about food or eating.

Eating Disorders describe illnesses that are characterized by irregular eating habits and severe distress or concern about body weight or shape. Eating disturbances may include inadequate or excessive food intake which can ultimately damage an individual's well-being. Eating disturbances may include inadequate or excessive food intake which can ultimately damage an individual's well-being. The most common forms of eating disorders include Anorexia Nervosa, Bulimia Nervosa, and Binge Eating Disorder and affect both females and males. Disordered eating issues can develop during any stage in life but typically appear during the teen years or young adulthood. Classified as a medical illness, appropriate treatment can be highly effectual for many of the specific types of eating disorders. Although these conditions are treatable, the symptoms and consequences can be detrimental and deadly if not addressed. Eating disorders commonly coexist with other conditions, such as anxiety disorders, substance abuse, or depression.

The three most common types of Eating Disorders are as follows: 1) Anorexia Nervosa-The male or female suffering from anorexia nervosa will typically have an obsessive fear of gaining weight, refusal to maintain a healthy body weight and an unrealistic perception of body image. Many people with anorexia nervosa will fiercely limit the quantity of food they consume and view themselves as overweight, even when they are clearly underweight. Anorexia can have damaging health effects, such as brain damage, multi-organ failure, bone loss, heart difficulties, and infertility. The risk of death is highest in individuals with this disease.

2) Bulimia Nervosa-This eating disorder is characterized by repeated binge eating followed by behaviors that compensate for the overeating, such as forced vomiting, excessive exercise, or extreme use of laxatives or diuretics. Men and women who suffer from Bulimia may fear weight gain and feel severely unhappy with their body size and shape. The binge-eating and purging cycle is typically done in secret, creating feelings of shame, guilt, and lack of control. Bulimia can have injuring effects, such as gastrointestinal problems, severe dehydration, and heart difficulties resulting from an electrolyte imbalance.

3) Binge Eating Disorder- Individuals who suffer from Binge Eating Disorder will frequently lose control over his or her eating. Different from bulimia nervosa however, episodes of binge-eating are not followed by compensatory behaviors, such as purging, fasting, or excessive exercise. Because of this, many people suffering from BED may be obese and at an increased risk of developing other conditions, such as cardio-

vascular disease. Men and women who struggle with this disorder may also experience intense feelings of guilt, distress, and embarrassment related to their binge-eating, which could influence the further progression of the eating disorder.

Results: A man or woman suffering from an eating disorder may reveal several signs and symptoms, some which are: 1: Chronic dieting despite being dangerously underweight, 2: Constant weight fluctuations, 3: Obsession with calories and fat contents of food, 3: Engaging in ritualistic eating patterns, such as cutting food into tiny pieces, eating alone, and/or hiding food, 4: Continued fixation with food, recipes, or cooking; the individual may cook intricate meals for others but refrain from partaking, 5: Depression or lethargic stage, 6: Avoidance of social functions, family, and friends. May become isolated and withdrawn, 7: Switching between periods of overeating and fasting.