Definitions

Anorexia: Loss of appetite and inability to eat

Bulimia: Insatiable overeating as a medical condition, in particular. An emotional disorder in which bouts of extreme overeating are followed by depression and self-induced vomiting, purging, or fasting.

3 Side Effects

Anorexia
- Infertility
- Shutdown of major body systems
- Brain damage

Bulimia
- Broken blood vessels in the eye
- Tooth decay and mouth sores
- Acid reflux or ulcers

3 Ways to Prevent

Anorexia
- Develop a healthy view of self and others.
- Learn a healthy way of eating and exercising by being a good role model.
- Be knowledgeable of things you eat.

Bulimia
- Maintain a rational approach to dieting and food.
- Accept a realistic body image.
- Set realistic goals.

2 Ways to get help

- Talk to your doctor.
- Go to a counsellor or just start off with talking to your parents or someone you think will actually help you.
Summary

People with anorexia have a real fear of weight gain and a distorted view of their body size and shape. As a result, they can’t maintain a normal body weight. Many teens with anorexia restrict their food intake by dieting, fasting, or excessive exercise. They hardly eat at all — and the small amount of food they do eat becomes an obsession. Others with anorexia may start binge eating and purging — eating a lot of food and then trying to get rid of the calories by forcing themselves to vomit, using laxatives, or exercising excessively, or some combination of these. Bulimia is similar to anorexia. With bulimia, someone might binge eat (eat to excess) and then try to compensate in extreme ways, such as forced vomiting or excessive exercise, to prevent weight gain. Over time, these steps can be dangerous — both physically and emotionally. They can also lead to
compulsive behaviors (ones that are hard to stop). To be diagnosed with bulimia, a person must be binging and purging regularly, at least twice a week for a couple of months. Binge eating is different from going to a party and "pigging out" on pizza, then deciding to go to the gym the next day and eat more healthfully. People with bulimia eat a large amount of food (often junk food) at once, usually in secret. Sometimes they eat food that is not cooked or might be still frozen, or retrieve food from the trash. They typically feel powerless to stop the eating and can only stop once they're too full to eat any more. Most people with bulimia then purge by vomiting, but may also use laxatives or excessive exercise.