

# FOOD INTAKE DISORDERS

Food intake disorders are a serious mental disease, which afflicts people regardless of age, gender, race, sexual orientation or body weight. Food intake disorders can simply be defined as any long-term unnatural problems with food. Despite society's tendency to downplay eating disorders, they are serious diseases that can lead to the patient's death.

- Mortality rate of afflicted persons – above 10%
- Average death age – 25 years
- Risk of suicide – 200x higher than in the normal population
- The average duration of the disease is 6 years.
- A third are chronic patients and the disease lasts 20 to 30 years and ends in untimely death.



### MENTAL ANOREXY

An afflicted individual obsessed with a thin figure who is in a targeted manner refusing to take food in order to reach their desired weight. They are afraid of putting on weight even if they are suffering from malnutrition. The patients may add excessive exercise and use of laxatives, medicines, etc., to starvation.



### MENTAL BULIMIA

The patients suffer from uncontrolled overeating attacks. After such an attack, they make an effort to shed the acquired calories by trying to rid their bodies of the food in one or several ways. For this reason, they induce vomiting, use laxatives, medicines for dehydration and suppression of appetite, and eventually starve.



### OVEREATING ATTACKS

Overeating attacks are usually triggered by some stressful situation. The patients consume a large quantity of food in one sitting and cannot usually stop until they eat 'their' fill. After the attack, they do not make an effort to get rid of the food (for instance, by vomiting), but they get a feeling of guilt and shame.



### ORTHOREXIA

It is a disorder that indicates an obsession with healthy food. The concerned person is painstakingly avoiding everything that they consider to be unhealthy. If they eat the 'unhealthy' food, they suffer from excessive remorse and have a tendency to clean their body by dieting or fasting.



### BIGOREXIA

A Bigorexia patient is dependent on exercise, strict diets or food supplements. In serious cases, they use anabolic steroids. Their objective is to have the most muscular body and subordinates their entire life to this target.

## SOME CAUSES OF FOOD INTAKE DISORDERS

- A society that is obsessed with looks and slimness.
- Poor family conditions
  - Non-functional family
  - A family that places excessive emphasis on a healthy lifestyle and looks
- Stress
  - Stress related to changes in the body during adolescence
  - Emotional liability, low self-confidence, emotional deficiencies
  - Perfectionism, yearn for perfectness and self-control
- Biological and genetic factors

## CONSEQUENCES OF EATING DISORDERS

- Heart and blood circulation system disorders
- Renal impairment
- Tooth decay
- Poor condition of the skin, hair and nails
- Gastrointestinal tract damage
- Slowing down or stagnation of bone growth, osteoporosis
- Hormonal problems, menstruation disorders, sexual libido disorders
- Anaemia
- Muscular weakness and cramps
- Death

