

Fast Facts

Bulimia

- Eating disorder
- A person eats large amounts of food and is unable to control how much they are consuming
 - Afterwards, they try to get rid of the extra calories in a harmful way
 - Most common way is by self-inducing vomiting
- Other ways include misuse of laxatives, weight-loss supplements, diuretics, enemas, periods of fasting/strict dieting or excessive exercise
 - Binge and purge cycle
 - Exact cause unknown, but tied to self-image
- Often associated with other mental health illnesses (depression, anxiety or substance abuse)
 - Diagnosed by purging at least once a week for at a minimum of three months
 - Severity is dictated by frequency of your purges during the course of a week
- More common in girls and women, often starting in late teens or early adulthood
 - Can cause severe complications

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> -Constantly concerned with body shape and weight -Fear gaining weight -Repetitive episodes of eating abnormally large amounts of food in one sitting -Feeling like you can't stop eating/control what you eat -Making yourself vomit -Exercising too much -Using laxatives/diuretics/enemas when you don't have a need to -Having periods of fasting/restricting calories/avoiding certain foods -Using large quantities of dietary supplements/herbal products that promote weight loss 	<p><i>Goal:</i> To get the person back to and remain at a healthy weight while dealing with the emotional problems that triggered the bulimia in the first place</p> <ul style="list-style-type: none"> -Involves multiple different healthcare personnel, like primary care doctor, mental health specialist, dietitian and family/friends -Fluoxetine can be helpful -Learn as much as possible about bulimia -Don't isolate yourself from your support system -Make sure you're getting the right nutrition -Resist looking in the mirror/weighing yourself frequently -Talk to your doctor prior to starting any exercise routine -Remind yourself what a healthy weight is for your body -Identifying situations that may trigger your behavior and come up with a plan to deal with them -Prepare for emotional setbacks -Look for positive role models -Find activities/hobbies that you enjoy -Focus on the positive by giving yourself credit/encouragement 	<ul style="list-style-type: none"> -Not a specific way -Focus on having a healthy lifestyle -Eat a well-balanced nutritious diet -Get adequate exercise -Avoid dieting -Eat properly portioned, healthy and enjoyable meals -Remember, it doesn't matter your size or shape because your value isn't measured by your appearance (this message is especially important to teach children) -Have meals together as a family at a scheduled time because this allows you to set a good example for healthy eating

	<p><i>For parents:</i></p> <ul style="list-style-type: none">-Don't blame yourself-Focus on what you can do to help your child-Allow them to express their feelings-Schedule family mealtimes-Without blaming them, letting them know that you're concerned	
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