

How Much Do You Know About Eating Disorders?



1. Which of the following groups is most likely to suffer from eating disorders?
 - a. Middle-aged men
 - b. Teenage girls and young women
 - c. Children
 - d. Older women
2. Which of these psychological traits increases the risk for eating disorders?
 - a. Negative body image
 - b. Low self-esteem
 - c. High self-esteem
 - d. A and B
3. Which of the following are characteristics of anorexia nervosa?
 - a. Distorted body image
 - b. Refusal to eat
 - c. An obsessive exercise regimen
 - d. All the above
4. What health effects can anorexia cause?
 - a. Anemia
 - b. Heart damage
 - c. Osteoporosis
 - d. All the above
5. Most people who suffer from bulimia are usually ____?
 - a. Obese
 - b. Underweight
 - c. Near normal weight
6. Which of the following are symptoms of bulimia?
 - a. Chronic sore throat
 - b. Chronic cold
 - c. Tooth decay
 - d. A and C
7. What characterizes people with binge-eating disorder?
 - a. A loss of control over eating
 - b. Feelings of guilt and shame
 - c. Being overweight or obese
 - d. All the above
8. Which of the following is true about eating disorders?
 - a. They are about frightening dreams
 - b. They are about using food to deal with difficult emotions
 - c. They are about fear of getting older
 - d. They are about food
9. Which of the following is true about treating eating disorders?
 - a. Most people can be successfully treated
 - b. There is no treatment
 - c. Most people can't be helped
10. Which of the following are effective treatments for eating disorders?
 - a. Psychotherapy
 - b. Nutritional counseling
 - c. Medical attention
 - d. All the above

If you have any concerns that your child may have an eating disorder, seek help from your primary care provider or make an appointment for an evaluation at the Eating Disorders Program at Penn State Hershey Children's Hospital.

Penn State Hershey Eating Disorders Program—717-531-2099.

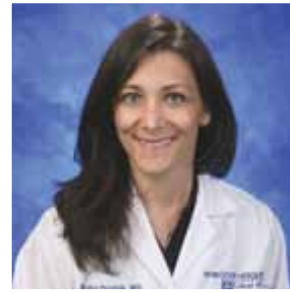
Does Your Child Have an Eating Disorder?

Signs your child may have an eating disorder include:

- Being a perfectionist or being highly self-critical
- Dieting, especially when already thin
- Avoiding meals
- Having an intense fear of becoming fat
- Displaying strange eating habits, such as cutting food into very small pieces
- Having an unusual interest in food
- Eating in secret
- Excessive or compulsive exercising
- Losing weight rapidly
- Skipping menstrual periods
- Regularly spending time in the bathroom after eating
- Vomiting after eating
- Being depressed or anxious

Answers

1. B—Teenage girls and young women. Ninety percent of cases of eating disorders occur in this population. That said, younger girls, older women and men of all ages can also be affected.
2. D—A and B. Perfectionism and impulsiveness can also increase the risk.
3. D—All the above. People with this disorder can starve to death.
4. D—All the above. It can also cause organ failure and brain damage.
5. C—Near normal weight. They maintain their weight in spite of frequent episodes of binge eating by vomiting or abusing laxatives after they eat.
6. D—A and C. These problems are caused by chronic vomiting.
7. D—All the above. Unlike those with bulimia, people with binge-eating disorders do not take steps to rid themselves of the extra food they take in.
8. B—They are about using food to deal with difficult emotions.
9. A—Most people can be successfully treated. Early treatment by qualified health professionals is recommended.
10. D—All the above. The treatment plan will depend on the severity of the disorder.



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For more information, visit the National Eating Disorders Association at nationaleatingdisorders.org.