

The Tiger In the Jungle: Identifying Eating Disorders vol. 3 Bulimia Nervosa

March, 2009



Kalamazoo Eating Disorders Professional Coalition
<http://www.kalamazooeatingdisorders.org/>

Special points of interest:

- * Definition
- * Symptoms to Look Out For
- * Additional Sources: web-sites, books, videos...
- * Where to Seek Help

Sources for information and help:

- * National Eating Disorders Association:
www.nationaleatingdisorders.org
- * F.E.A.S.T. Families Empowered and Supporting Treatment of Eating Disorders
<http://www.feast-ed.org/>
- * Something Fishy Website on Eating Disorders:
www.somethingfishy.org
- * Ellin, Abby "What's Eating Our Kids? Fears About 'Bad' Foods":
NYT, Feb 25, 2009 <http://www.nytimes.com/2009/02/26/health/nutrition/26food.html>

Defining and Identifying Bulimia Nervosa in Young Children

What is Bulimia???

Bulimia Nervosa is a treatable eating disorder that can strike males or females as young as 7 or 8. According to the National Eating Disorder Association, a person who "binges on food an average of twice weekly in a three-month time period, followed by" behavior that is meant to prevent weight gain has Bulimia Nervosa. This type of compensatory behavior could be in the form of excessive vomiting, or the use of medications and aids to expel 'excess' mass from the body. With early diagnoses and treatment a person has a greater chance of regaining a long-term healthier relationship with food.

Side Effects:

Due to the vomiting associated with Bulimia Nervosa, individuals suffering from the eating disorder can end up suffering from a number of ailments particular to this eating disorder, including...

- 1) erosion of tooth enamel
- 2) inflammation or swelling of the esophagus
- 3) damaged stomach, and
- 4) an appearance of swollen cheeks due to enlarged glands



Through early detection and quick response time, it is possible to minimize the negative impact.

Glossary: (according to NEDA Toolkit from National Eating Disorders Assoc.)

purging: to evacuate the contents of the stomach or bowels by any of several means. In bulimia, purging is used to compensate for excessive food intake. Methods of purging include vomiting, enemas, and excessive exercise.

remission: a period in which the symptoms of a disease are absent. Remission differs from the concept of "cure" in that the disease can return. The term "cure" signifies that treated condition or disorder is permanently gone, never to return in the

individual who received treatment.

