

The Tiger In the Jungle: Identifying Eating Disorders

vol. 12 Model Student—Disorder Modeled part 2

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Southwest Michigan Eating Disorders Association
(formerly the Kalamazoo Eating Disorders Professional Coalition)
<http://www.kalamazooeatingdisorders.org/>

Special points of interest:

- * Upcoming Activities
- * Additional Sources: web-sites, books, videos...
- * Where to Seek Help

Sources for information and help:

- * *Eating Disorders* by Jim Kirkpatrick, MD and Paul Caldwell, MD CCCFP® ISBN: 1-55297-976-8
- * *Full Mouse, Empty Mouse* by Dina Zeckhausen, Ph.D. ISBN: 1-4338-0132-9
- * *Full Mouse, Empty Mouse* performed by Pace Academy's Lower School for Love <http://www.youtube.com/watch?v=JwmBAHtHK9o>
- * Dr. Reddy's page on eating disorders <http://www.drreddy.com/eatingdisorders/>
- * National Eating Disorders Association: www.nationaleatingdisorders.org
- * Something Fishy Website on Eating Disorders: www.somethingfishy.org
- * National Institute of Mental Health's website on Eating Disorders: <http://www.nimh.nih.gov/health/publications/eating-disorders/complete-index.shtml#pub7>

Not In My Classroom...

Danny does her best to fit in and do well in school. She works hard to earn good grades, even if she does not always manage to earn acceptable scores. Overall, she is a good friend and student with a secret.

In the morning she manages to get up and dress in plenty of time to catch the bus, but tells her mom that she does not have time to eat breakfast. At school she eats half of the cereal bar that her mother insists that she take with her and throws the rest away.

Danny is proud of her ability to stay on her "diet" and control her hunger, skipping snacks and eating only half of her lunch her mother packs for her. Today Danny is determined to do better than yesterday.

Follow Up on ED Awareness Events:

SMEDA's February Art Hop Exhibit was a success with many educators and medical professionals visiting the exhibit.

Congratulations to the winner of the book raffle. We hope the winner is

Arriving home, she lets herself in as she says "hi" to the babysitter before heading up to her room. Knowing that she will be left alone for the next hour to work on her homework, she pulls out her hidden "treasure chest." Mindlessly she begins to eat a bag of cookies that she downs with the soda she snuck up to her room yesterday.

As she eats, she regularly goes into her bathroom to vomit before returning to her stash and her homework. By the time her hour is up her "treasure chest" is empty and her throat is once again sore.

Ashamed and depressed, Danny quickly hides the evidence and tries to air out her room and the bathroom masking whatever smells of vomit refuse to escape

out the window.

To avoid eating dinner with the family, she says she is going over to a friend's house and then tells her friend's parents she already ate. This gives her time to work out in her friend's room to punish herself for binging.

With her chest and throat hurting from the vomiting and visions of the blood in her vomit still in her thoughts, she goes to bed promising herself that tomorrow she will have better control. Tomorrow she will stick to her "diet."

Danny is a model student—a model of a student with bulimia nervosa.

sharing their book *Full Mouse, Empty Mouse* with others.

Though at an earlier time than originally scheduled, WMU's ED Awareness event was a resounding

success. Many students stopped by to participate and find out more information about nutrition and EDs.

