



Eating Disorders and its Detrimental Effects on Human Life

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Description

Eating disorders are serious mental health conditions that affect people of all ages, genders, and backgrounds. They are characterized by abnormal eating habits that negatively impact a person's physical and mental health. The most common eating disorders include anorexia nervosa, bulimia nervosa, and binge-eating disorder. Anorexia nervosa is characterized by a distorted body image, an intense fear of gaining weight, and a persistent restriction of food intake, leading to severe weight loss. People with anorexia often perceive themselves as overweight or obese, despite being underweight or malnourished. They may engage in excessive exercise or purging behaviors, such as vomiting or using laxatives, to control their weight. Anorexia nervosa can have serious health consequences, including malnutrition, dehydration, and organ failure. It can also lead to psychiatric complications, such as depression, anxiety, and suicidal thoughts. Treatment for anorexia typically involves a combination of medical, nutritional, and psychological interventions, including psychotherapy, family therapy, and medication [1].

Bulimia nervosa is characterized by recurrent episodes of binge eating, followed by purging behaviors, such as vomiting or using laxatives, to rid the body of excess calories. People with bulimia often feel a lack of control during binges and experience feelings of shame or guilt afterwards. They may also engage in excessive exercise or fasting to compensate for the calories consumed during binges [2]. Bulimia nervosa can have serious health consequences, including electrolyte imbalances, dehydration, and gastrointestinal complications. It can also lead to psychiatric complications, such as depression, anxiety, and substance abuse. Treatment for bulimia typically involves a combination

of medical, nutritional, and psychological interventions, including cognitive-behavioral therapy, interpersonal therapy, and medication. Binge-eating disorder is characterized by recurrent episodes of binge eating, without the use of purging behaviours. People with binge-eating disorder often feel a lack of control during binges and experience feelings of shame or guilt afterwards. They may also eat in secret or hoard food in anticipation of binges [3,4]. Binge-eating disorder can have serious health consequences, including obesity, high blood pressure, and diabetes. It can also lead to psychiatric complications, such as depression, anxiety, and substance abuse. Treatment for binge-eating disorder typically involves a combination of medical, nutritional, and psychological interventions, including cognitive-behavioral therapy, dialectical behaviour therapy, and medication [5].

It can have serious physical and mental health consequences. In addition to the specific health risks associated with each type of eating disorder, they can also lead to a range of complications, including Nutritional deficiencies, Gastrointestinal problems, Dental problems, Hormonal imbalances, Cardiovascular problems, Bone loss, Impaired immune function, Social isolation and relationship difficulties, Work or school problems, Financial problems.

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