Eating Disorders

URL of this page: http://www.nlm.nih.gov/medlineplus/eatingdisorders.html

Also called: Anorexia nervosa, Binge eating, Bulimia

Eating disorders are serious behavior problems. They can include severe overeating or not consuming enough food to stay healthy. They also involve extreme concern about your shape or weight.

Types of eating disorders include

- Anorexia nervosa, in which you become too thin, but you don't eat enough because you think you are fat
- Bulimia nervosa, which involves periods of overeating followed by purging, sometimes through self-induced vomiting or using laxatives
- Binge-eating, which is out-of-control eating

Women are more likely than men to have eating disorders. They usually start in the teenage years and often occur along with depression, anxiety disorders, and substance abuse.

Eating disorders can lead to heart and kidney problems and even death. Getting help early is important. Treatment involves monitoring, talk therapy, nutritional counseling, and sometimes medicines.

NIH: National Institute of Mental Health

Start Here

  Also available in Spanish [http://www.nimh.nih.gov/health/publications/espanol/trastornos-de-la-alimentacion/index.shtml]

Overviews

- Eating Disorders [http://womenshealth.gov/body-image/eating-disorders/] (Department of Health and Human Services, Office on Women's Health)
- Eating Disorders [http://www.mayoclinic.com/print/eating-disorders/DS00294/DSECTION=all&METHOD=print] (Mayo Foundation for Medical Education and Research)

Diagnosis/Symptoms

  Also available in Spanish [http://www.nationaleatingdisorders.org/que-causa-un-trastorno-alimenticio]

Treatment

- Eating Disorder Treatment: Know Your Options [http://www.mayoclinic.com/health/eating-disorder-treatment/MY00794/METHOD=print] (Mayo Foundation for Medical Education and Research)

Prevention/Screening


Coping

- How to Talk about Eating Concerns Using the Three Es of Expression [http://www.nationaleatingdisorders.org/sharing-eeease] (National Eating Disorders Association)

Disease Management


Specific Conditions

- Anorexia [http://www.hormone.org/~media/Hormone/Files/Questions%20and%20Answers/Heart%20Health/FS_CMD_Anorexia_EN%20web.pdf] (Hormone Health Network) - PDF
- Anorexia Nervosa [http://www.mayoclinic.com/print/anorexia/DS00606/METHOD=print&DSECTION=all] (Mayo Foundation for Medical Education and Research)
- Eating Disorder Not Otherwise Specified (EDNOS) [http://www.nami.org/PrinterTemplate.cfm?Section=By_Illness&template=/ContentManagement/ContentDisplay.cfm&ContentID=65849] (NAMI)

Related Issues

  Also available in Spanish [http://www.nationaleatingdisorders.org/la-imagen-del-cuerpo]
- Bulimia (and Oral Health) [http://www.simplestespsdental.com/SS/ihtSSPrint/r.WSIHW000/st.31848/t.3260/pr.3/c.308016.html] (Columbia University, College of Dental Medicine)
Financial Issues
- Treatment for an Eating Disorder [http://www.nationaleatingdisorders.org/treatment] (National Eating Disorders Association)

Clinical Trials

Research

Journal Articles
References and abstracts from MEDLINE/PubMed (National Library of Medicine)

Dictionaries/Glossaries

Directories
- Find a Registered Dietitian [http://www.eatright.org/frame/FindRD.aspx?] (Academy of Nutrition and Dietetics)

Organizations
- American Academy of Child and Adolescent Psychiatry [http://www.aacap.org/]

MedlinePlus Magazine
• Males and Eating Disorders  

• Understanding Eating Disorders  

Children
• Kids and Eating Disorders  
(Nemours Foundation)

• Pica [http://kidshealth.org/parent/emotions/behavior/pica.html] (Nemours Foundation)

Teenagers
• Binge Eating Disorder  
[http://kidshealth.org/teen/food_fitness/problems/binge_eating.html] (Nemours Foundation)

• Compulsive Exercise  

Also available in Spanish  

• Eating Disorders  
[http://kidshealth.org/teen/food_fitness/problems/eat_disorder.html] (Nemours Foundation)

Also available in Spanish  

• I Think My Friend May Have an Eating Disorder. What Should I Do?  
[http://kidshealth.org/teen/food_fitness/problems/friend_eating_disorder.html]  
(Nemours Foundation)

• Teen Eating Disorders: Tips to Protect Your Teen  
(Mayo Foundation for Medical Education and Research)

Men
• Anorexia Nervosa in Males  

• Binge Eating Disorder in Males  

• Bulimia Nervosa in Males  

• Enhancing Male Body Image  
[http://www.nationaleatingdisorders.org/enhancing-male-body-image] (National Eating Disorders Association)

• Strategies for Prevention and Early Intervention of Male Eating Disorders  
(National Eating Disorders Association)

Women
• Pregnancy and Eating Disorders  

• Pregorexia: A Legitimate Problem during Pregnancy?  
[http://www.mayoclinic.com/health/pregorexia/AN02077/METHOD=print]  
(Mayo Foundation for Medical Education and Research)

Patient Handouts
• Anorexia nervosa  
Also available in Spanish  

• Binge eating  
Also available in Spanish  

• Bulimia  
Also available in Spanish  

• Pica  
Also available in Spanish  

You may also be interested in these related encyclopedia pages:
You may also be interested in these related MedlinePlus topics:


The primary NIH organization for research on *Eating Disorders* is the National Institute of Mental Health [http://www.nimh.nih.gov]

Date last updated: 12 July 2013
Topic last reviewed: 24 April 2013