Anorexia Nervosa And Bulimia Essay, Research Paper

Anorexia Nervosa

And

Bulimia

Anorexia Nervosa and Bulimia are two deadly disorders that haunt teenage men and women each year. Both conditions are emotional disorders in which have to do with fears of being overweight. Usually, young women are recipients of these plagues, but it isn’t uncommon for young men to suffer from Anorexia Nervosa and Bulimia. Studies show that between 5 and 18 percent of known victims die because of unhealthy eating disorders. Anorexia is a condition characterized by intense fear of gaining weight or becoming obese where a lack of self-esteem is resulted in starvation. But on the contrary bulimia is an eating disorder in which persistent over concern with body weight and shape leads to repeated episodes of binging which self-induced vomiting then follows, and the use of laxatives or diuretics by virtue of low self esteem. These two eating disorders are commonly diagnosed in young women.

Anorexia is often lead to excessive weight loss from restricting food intake and excessive exercise. It is chiefly found in adolescents, and can kill on account of starvation. Also, it may lead to abnormalities in the menstrual cycle and increased susceptibility to infection. It is often associated with depression and low self-esteem. Furthermore, 95% of people diagnosed are women.

Although Bulimia is an eating disorder, it does not always result in weight loss. It can, however, cause gastrointestinal problems and serious potassium depletion. Teeth may be damaged due to the acid nature of the regurgitated food. Various psychological pressures are the usual cause of development of Bulimia. Kidney damage, muscle spasms, and brittle hair are other possible results of this disease.

These two eating disorders are very harmful to your body. If you have a friend that you think suffers from this you should do them a favor and call a hotline or tell someone who can help. In time they can become very deadly.